CALGARY metro®

NEWS WORTH SHARING.

There are date movies that aren't The Notebook?

This Valentine's Day, try these (cinematically) stimulating flicks instead

PAGE 16

WHAT TO WATCH IN SOCHI

• **7:30 a.m.** Alex Gough — the first Canadian to take home gold in a world cup event — has a chance to bring home Canada's first ever Winter Olympics medal in luge.

• **8 a.m.** Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program. The pair already has a medal, as part of the team that took home silver in the team event. GREG DOWNS/FOR METRO

Medal haul

Canada's Alex Bilodeau, left, celebrates his gold medal win with his brother Frederic on Monday. Fellow Canucks Mikael Kingsbury, top right, and Charles Hamelin also had reason to celebrate in Sochi

SEE OLYMPIC COVERAGE ON PAGES 31, 32 & 34

LEFT: JONATHAN HAYWARD/THE CANADIAN PRESS; TOP RIGHT: SERGEI GRITS/THE ASSOCIATED PRESS; BOTTOM RIGHT: VADIM GHIRDA/THE ASSOCIATED PRESS

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

CMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COM

CHEVROLET CLEAROUT!

Only At CMP GM
CHEVROLET Cadillac BUICK GMC

PAYMENTS ARE O.A.C. @ 4.99% FOR 84 MONTHS. PRICES DO NOT INCLUDE GST OR OTHER APPLICABLE TAXES. LICENSE, INSURANCE AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

2013 Cruze LS — $49 a week — $13,995 — CGP4276A

2013 Cruze LT — $56 a week — $15,995 — CGP1786A

2012 Impala — $46 a week — $12,995 — CGP[illegible]

2012 Sonic — $49 a week — $13,995 — CGP7298AA

2013 Camaro — $104 a week — $29,995 — CGA8501A

2013 Spark — $42 a week — $11,995 — CGS9154A

CALL TO BOOK!
403-930-1543
GM GMC
Certified Service

WINTER SERVICE SPECIALS

$139.95 cars & trucks gas engines

$179.95 cars & trucks diesel engines

- LUBE OIL FILTER (DEXOS UP TO 5 LITRES)
- MULTI-POINT INSPECTION
- LUBRICATE LOCKS, LATCHES AND HINGES
- TOP UP FLUIDS
- CHECK BELTS AND HOSES
- 4 WHEEL TIRE ROTATION INCLUDING TPM RESET

CMP GM
CHEVROLET Cadillac BUICK GMC
1313 36 St. NE, Calgary, AB, T2A 6P9

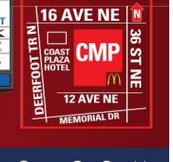
AMVIC LICENSED
CANADA'S BEST MANAGED COMPANIES

CERTIFIED PRE-OWNED

403-930-1634
CMPAUTO.COM

REBUILD YOUR CREDIT
BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM

CHEVROLET BUICK GMC Cadillac CMP GM



Kaizen AUTOMOTIVE GROUP
PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

Space-strapped

Charter school project could give west end hope

Parents in Calgary's far-west outskirts were quick to criticize being left out of a provincial announcement of new schools Monday, but there may yet be hope for them in sight.

Families attending West Springs School and Westgate School, both nearly at capacity, have been relentless in recent months advocating for solutions to solve a space crunch at their facilities that don't involve busing their little ones out of the community.

A middle school to serve West Springs and nearby Cougar Ridge is included on the Calgary Board of Education's capital list, but was further down than the six projects approved for the public board.

Even still, the announcement of a new youth campus for the Calgary Arts Academy on the Stampede grounds will come with the condition that the charter turn one of the two CBE-owned buildings it leases back to public-school planners.

Premier Alison Redford told reporters her understanding is the youth campus could be ready for students within two years.

Calgary Arts Academy Supt. Dale Erickson said his team was still "negotiating" with the province, but would give up either its Glenmeadows or Knob Hill site.

CBE trustee chair Sheila Taylor said it was still "early days" but more discussion would be coming on what to do with excess space coming back to the board.

JEREMY NOLAIS/METRO

Ten more schools coming to Calgary

Opening 2016? School boards to grow by thousands of kids before buildings open

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Provincial officials pledged Monday to build 20 new schools and overhaul 20 more facilities in Calgary — with the goal of being done by the fall of 2016.

Premier Alison Redford was at Glenmeadows School to announce a final batch of 11 projects for four different school systems.

"We have announced a very ambitious infrastructure project," Premier Redford told reporters.

The Calgary Board of Education's take will include six of the 11 schools it had requested in the first year of its 2014-17 capital plan. Kindergarten to Grade 4 public schools will be built in Auburn Bay and Tuscany, while Panorama Hills will receive a kindergarten to Grade 6 facility. There will also be new middle schools constructed in Evergreen, McKenzie Towne and New Brighton/Copperfield — the latter project was overlooked in favour of a school in Royal Oak during an announcement of projects last May.

The Calgary Catholic School District will receive the remaining projects it requested in this year of its capital plan — kindergarten to Grade 6 schools in both Cranston and Auburn Bay as well as a new high school to be located in the southeast.

Premier Alison Redford, MLAs and students at Calgary Arts Academy work to "build Alberta" during an announcement of new schools Monday. Each block represented one project approved. JEREMY NOLAIS/METRO

There will also be a kindergarten to Grade 6 Francophone school established in Scenic Acres.

The announcements come on top of 10 new-school projects announced last year and nine modernization projects green-lighted last month.

"We're well on the way with respect to some of it and people are going to see some great progress," Redford said of the projects.

"Of course, we don't build schools overnight — it's not the snap of a finger."

The timeline for the projects has been the source of criticism for opposition parties — Liberal education critic Kent Hehr repeatedly borrowed a phrase from the movie Jerry Maguire at Monday's announcement, asking the province to "show me the money."

But Alberta Infrastructure Minister Ric McIver appeared to ratchet up the timeline for the projects announced and those prior to, stating the hope was to have all new schools ready for the 2016-17 school year.

Previously, timelines for some of the projects had been unclear.

"There are those that say it's easy and those that say it's impossible — I guess we'll find out," McIver said.

S is for schools

- The province said more than 7,600 students will be able to attend classes closer to where they live as a result of Monday's announcement, approving 10 schools.
- Edmonton also saw four new schools announced Monday and eight more projects are due to be approved in yet-to-be-named Alberta communities before February's end, the province said.

V is for Viridian
WHO SAYS YOU CAN'T HAVE IT ALL?
Viridian condominiums combine unmatched suburban living with innovative urban style. Get on it! The selection and pricing will never be better.
Limited Time Introductory Pricing!
From the low $200's
*Plus GST. Rendering is artist's concept only and may be subject to change. E.&.O.E.
Viridian
3503 Sage Hill Drive NW or visit us at viridiancondos.ca

Calgary. City waiting for permission to raise the Olympic flag

Calgary does not have permission to raise the Olympic flag that sits framed in city council chambers — or one like it — up an actual flag pole, Mayor Naheed Nenshi said Monday.

"When we tried to do this in 2012 during the London Olympics, we were denied the permission," the mayor said during Monday's council meeting. "Apparently former host cities are allowed only one Olympic flag — that one there — but we nonetheless have that request out."

Nenshi comments came after public comments over the weekend from Jerry Joynt, a senior organizer of Calgary's 1988 Games, who criticized the mayor's decision to raise a gay pride flag above city hall, saying he'd prefer to have seen an Olympic flag raised instead, as it would be less political.

Nenshi explained his decision further on Monday.

"My directive on Friday afternoon was, in fact, to raise the Olympic flag as well as the Pride flag," he said. "We were unable to obtain permission from the Canadian Olympic Committee on Friday to raise the flag. They're a little busy."

Nenshi said the request remains out to the Canadian Olympic Committee and International Olympic Committee to raise the Olympic flag and he expects a response within a day or so.

ROBSON FLETCHER/METRO

Greener pastures

Council approves plan to collect recycling

City council has approved a plan that would see universal recycling collection from Calgary apartments, condos and townhouses, starting in 2016. The strategy, which would make recycling pickup mandatory at all multi-family dwellings and rely heavily on the private sector to deliver the service, still needs to be formalized in a bylaw, which is expected to happen this fall. About 35 per cent of multi-family dwellings currently receive regular recyclable collection, council heard.

METRO

Contest winner

Calgary Zoo penguin gets new name

And the winner is ... Una!

After receiving more than 1,700 votes in an online contest, Calgary Zoo officials announced Monday they'd named a Gentoo penguin chick.

Una — the Latin word for "number one" — was the first penguin to hatch at the city's animal park. The long-tailed bird was born in July 2013 and zookeepers waited to name her until a gender was determined. "Hope" finished a close second in the contest, with Ronne and Georgia getting less than 200 votes each.

METRO

A man walks down a flooded 9 Avenue SE in Calgary in June 2013. No major diversions or dams will be built for several years, according to the Alberta government, but Calgary has taken other, smaller steps to prepare for a possible repeat event. METRO FILE

Flood protection only a bit better for 2014: Officials

Prepare yourself. Maintain emergency survival kit, observe any evacuation orders, officials urge

ROBSON FLETCHER
robson.fletcher@metronews.ca

Some riverbanks will be hardened and critical civic infrastructure will be better protected, but no major projects will be complete by the upcoming flood season to protect Calgary from another high-water event, officials said Monday.

Three riverbank projects in Calgary are already complete and three more should be finished by the spring runoff, providing both repair to last year's flood damage and protection against erosion in the event of another major flow, said flood recovery director Gord Stewart.

But Kyle Fawcett, Associate Minister for Recovery and Reconstruction in Southwest Alberta, said no major infrastructure projects to divert or hold back water will be ready by this flood season.

Timeframes for the two major projects the province is working on to protect Calgary, including a dry dam on the Elbow River in Kananaskis and a diversion tunnel from the Glenmore Reservoir to the Bow River, are in the order of two to five years, Fawcett said.

Calgary Emergency Management Agency Chief Bruce Burrell said the city is better prepared in terms of skills and experience in responding to floods and has more equipment at its disposal now, but there had been no large-scale, dramatic improvement in flood readiness.

"You can't stop floodwaters in a lot of cases until we get to the point where we have some of that mitigation work done that might prevent flooding to that level," he said.

Price tag

$12M

The cost of the six riverbank hardening projects in Calgary

HURRY OFFER ENDS MAR 2

Samsung Galaxy Ace II e™ Samsung Galaxy S4™ Samsung Galaxy Note 3™

THE HOTTEST SAMSUNG SMARTPHONE SALE.

NOW SAVE UP TO $500 with WINDtab™ on the hottest Samsung Smartphones with select unlimited plans.

WIND true mobile freedom

Offer ends March 2, 2014 or while supplies last. Valid on new activations and eligible WINDtab upgrades. Savings with WINDtab pricing vary depending on plan selected. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Conditions apply. Applicable taxes extra. Learn more at WINDmobile.ca. © 2014 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Canada Inc., and Samsung Galaxy S4, Samsung Galaxy Note 3 and Samsung Galaxy Ace II e is a trademark of Samsung Electronics Canada Inc. and/or its related entities, used with permission. Screen images simulated. WIND, WIND MOBILE, WINDtab and true mobile freedom are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp.. © 2014 WIND Mobile

Drivers urged to slow down after fatal crashes

Barriers. City has to weigh raising Glenmore traffic dividers with adding dividers to routes that have none

Calgary will look at increasing the height of traffic barriers on Glenmore Trail after two fatal crashes in less than two months, but driver behaviour also needs to change, according to city officials.

"What we're dealing with in both incidents is a pickup truck losing control and launching over the barrier into oncoming traffic, and that's where the fatalities occurred," Coun. Gian-Carlo Carra said of the Dec. 18 and Feb. 8 crashes.

The city will work to determine whether the two similar incidents are "a horrible coincidence" or "whether there's something that has to be done to protect human life" along the busy thoroughfare, he added.

Transportation manager Mac Logan said city staff will work with police to examine the crashes and the specifics of the roadway. But, he added, speeding and not driving to the conditions were "significant" factors in both cases.

Logan said he happened to drive the same stretch of Glenmore just hours before Saturday's crash that killed one woman and injured four other people.

"It was extremely icy," Logan said. "Yet, I was being tailgated and cut off by other drivers. So, the city will do our part and we'll continue to improve the safety of our roadways, but ultimately Calgarians need to be more careful with the way they're driving out there."

Carra echoed that message. "As Calgarians, we have to appreciate that we're driving deadly weapons," he said. "We have to behave a lot better on the roads."

ROBSON FLETCHER/METRO

Coun. Gian-Carlo Carra METRO FILE

Have your cake?
Eat your cake?
Yes.

RRSP season ends March 3

The 3-year BMO RateRiser® Plus GIC satisfies both sides.

Get the best of savings accounts and investments combined. Guaranteed returns that increase annually. The added flexibility of accessing your money each year[1]. Ask us how the 3-year BMO RateRiser® Plus GIC fits with your RRSP investment plan. Visit a branch or bmo.com/rateriser to book an appointment today.

1.40% Year 1* | 1.90% Year 2* | 2.05% Year 3*

BMO Bank of Montreal
Making money make sense®

*Interest paid annually or compounded annually and paid at maturity. Rates are subject to change at any time without prior notice. Terms and conditions apply.
[1]Cashable in full on each anniversary of the issue date (no partial redemptions permitted). ®Registered trade-marks of Bank of Montreal.

Impaired-driving charges laid in death of Calgary girl, 11

Traffic investigators allege an Okotoks man was drunk behind the wheel when he sped through a red light and smashed into a minivan, killing an 11-year-old girl.

After a lengthy probe, police announced Monday they charged an Okotoks man in connection to the September 2013 case.

Sgt. Colin Foster termed it a "complex investigation," noting a traffic section file can take hundreds of hours of work to get the best evidence to court.

"We want to make sure that there's justice for the family of the deceased," Foster said.

In one of 37 fatal crashes in 2013, police say the driver of a Ford pickup truck ran a red light on southbound 52 Street, "broadsiding" a Mazda minivan that was travelling eastbound on Erin Woods Drive SE.

An 11-year-old girl in the minivan was killed instantly, according to investigators, and her parents suffered serious injuries.

The driver of the truck suffered minor injuries.

Tally

37

The number of fatal crashes investigated by the Calgary police in 2013. That's up from 32 in 2012 and 20 in 2011. The rate per population has gone up over that span, too.

Karl Schwarz, 29, has been charged with nine offences including impaired driving causing death.

Calgary police figures released Monday confirmed an uptick in the number of fatal crashes last year.

Foster suggested it was a "blip," noting officers investigated roughly the same total number of serious crashes each of the last three years, but there more fatalities.

BRYAN WEISMILLER/METRO

Distracted driving. 'Crotches Kill' campaign comes back

Alberta Transportation has given new light to its glowing crotch ad series aimed at curbing distracted driving.

The campaign sees billboards, radio ads and a website suggesting "Crotches Kill" in an effort to persuade drivers to keep their eyes on the road and off their phones.

"We're seeing people killed because of distracted driving," said Supt. Howard Eaton, head of traffic services with RCMP K Division.

"It's a cause of death now on the highway so it's something that we have to crack down on."

While Eaton couldn't immediately provide specifics, he said traffic authorities have pulled cellphone records and used witness reports to back up that claim.

METRO

Sorry ... but no refunds.
Redford apologizes, but won't pay for Mandela trip

Alberta's premier is apologizing for the $45,000 cost to go to Nelson Mandela's funeral in South Africa, but says she is not willing to repay the money.

Alison Redford says the amount caught her off guard, but the trip still falls under taxpayer-funded government business.

Redford was invited to be part of Prime Minister Stephen Harper's delegation in December.

She said last week that she wouldn't have attended the funeral if she had been aware of the final price tag.

The premier and her aide took a provincial government plane to Ottawa at a cost of $15,000 to catch a free flight with Harper to South Africa. She and the aide flew home early on a commercial flight at a cost of $10,000 each to attend the swearing-in of her new cabinet.

Redford has been criticized for her extensive trips abroad, but she says she will continue to travel to drum up business.

THE CANADIAN PRESS

High-speed rail service

Government to investigate rail link for Calgary-Edmonton corridor

The Alberta government is seeking input on the possibility of high-speed passenger rail service between Edmonton and Calgary.

Public meetings have been scheduled in Calgary, Red Deer and Edmonton toward the end of the month.

A 2009 government study estimated the cost of a link between the two cities at between $3 billion and $20 billion, depending on the technology and type of train.

THE CANADIAN PRESS

Crypto-currency catching on with entrepreneurs

Shawn Wright, with Calgary-based Rocky Mountain Landscaping and Tree Services, will accept digital currencies for his services. COURTESY SHAWN WRIGHT

The Bitcoin era is upon us. Small business owners are in the vanguard

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Just one will buy you more than 20 hours reviewing formulas, periodic tables and neutron activation with tutor Stephen Christensen.

When winter thaws, Shawn Wright will pull a tree from your yard for two. In fact, he'll even throw in a 10 per cent discount as long as you stray from cash, debit and credit cards and instead offer up Bitcoins, Dogecoins or Litecoins.

The Calgary-area entrepreneurs — Christensen lives in Okotoks and Wright's company, Rocky Mountain Landscaping and Tree Services, operates in the city — appear to be among the first to accept so-called crypto-currencies for services that have traditionally drawn payment of the plastic variety.

Wright's take is a bit more philosophical. He said his company wants to "show people there's another way," that credit card-processing and bank fees don't necessarily have to be a part of everyday life.

Christensen noted that there's a great deal of potential upside with accepting the currency and very little risk — save for maybe a few hours of his time.

"Bitcoin will be huge in the future," said Christensen, who tutors on the side while working a full-time research job. "It's got lots of benefits for small business and people who don't want to pay fees to Visa and debit ... why wouldn't you accept something that's basically designed to act like gold?"

FOR ALL THE WAYS YOU KEEP THEM ACTIVE, WE GIVE YOU CREDIT.

Take advantage of the Children's Fitness Tax Credit.

If your children participated in eligible fitness activities last year, you may be able to claim up to $500 per child. And for each child claimed, you reduce your federal tax payable by up to $75. Join the millions of Canadians who file online and use direct deposit to get their refund faster.

Find out more at cra.gc.ca/TaxSavings

Canada Revenue Agency | Agence du revenu du Canada

Canada's Economic Action Plan

Canada

Ford 'didn't want to tell the truth' about drug use

Now showing.
'Everybody in the world has lied,' says the T.O. mayor in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera. "I didn't want to tell the truth. That's the only answer I can give. That's as straightforward as I can be."

Ford's revelation came in response to a written question from Sandra from Bangkok who wondered why the mayor lied about his "substance abuse problem."

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack. The mayor initially denied he used the drug and suggested the video didn't exist.

THE CANADIAN PRESS

Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

2015. Laureen to be more up-front next election

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by Torstar News Service.

The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust to win another government. Under "Tactical Plans/Strategies," it says the party will "connect (the) PM with people," "leverage Mrs. Harper" and launch a Mrs. Harper video.

TORSTAR NEWS SERVICE

Free TELUS Optik TV and High Speed Internet!*

Elbow Tower
- 1 & 2 bedroom suites available
- Located in the Mission area with city/river view
- Close to parks, bike paths & the Talisman Centre
- Heat & water included

105 – 26 Ave. SW
403-531-9560

Skygate Tower
- 1 & 2 bedroom suites available
- Walking distance to transit & C-train
- Sauna & fitness facility
- Balcony & storage space with all suites

1030 – 16 Ave. SW
403-215-9437

Chateau Apartments
- 1 & 2 bedroom suites available
- Walking distance to downtown
- Sauna, squash court & fitness facility
- Heat & water included

505 – 6 St. SW
403-531-9560

O'Neil Tower
- 1 & 2 bedroom suites available
- Near the C-train & Bow River pathway
- Outdoor swimming pool, sauna & fitness facility
- Heat & water included

700 – 9 St. SW
403-215-9443

*Some conditions apply.

www.bwalk.com

BOARDWALK RENTAL COMMUNITIES
Bringing You Home

Russian icon a hero to one Canadian

Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor

FERNANDO CARNEIRO
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Brampton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.
- He became internationally famous after his performance in the Summit Series against Canada in 1972.
- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.

Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi. MATT SLOCUM/THE ASSOCIATED PRESS

Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions- your golden opportunity to discover your program options ask questions and tour our campus. Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here's just a few we are offering this month:

AVIATION CAREERS
Do you love aviation? Do you want to turn your passion into a career? If so, one of these programs may be right for you:

- Aircraft Structures Technician
- Avionics Technology
- Aircraft Maintenance Engineers Technology

Join us Tuesday, February 11 at 6:30 pm at the Art Smith Aero Centre - 1916 McCall Landing NE.
Call 403.284.7018 or Email aerocentre@sait.ca to confirm your attendance and for more information.

AUTOMOTIVE CAREERS
If you have a passion for cars and want a career in the automotive industry, this session is right for you. Learn more about:

- Automotive Service Technology diploma
- Automotive Service Technician apprenticeship
- Business Administration - Automotive Management

Join us Wednesday, February 12 at 6:30 pm in the Clayton Carroll Automotive Centre.
Call 403.284.8471 or Email transportation.info@sait.ca to confirm your attendance and for more information.

RAILWAY CONDUCTOR
Get your future on track in just 15 short weeks and become a Railway Conductor! This program offers a high graduate employment rate, hands-on training and excellent starting wages.

Join us Wednesday, February 12 at 6:30 pm at the Centre for Rail Training and Technology - 1940 Centre Avenue NE.
Call 403.210.4150 or Email rail@sait.ca to confirm your attendance and for more information.

SCHOOL OF TRANSPORTATION
FURTHER YOUR PASSION
SAIT POLYTECHNIC

RBC
TOP 25 CANADIAN IMMIGRANT Awards
NOMINATE SOMEONE TODAY!
Nominations Close February 27
Nominate an inspiring immigrant who has made a positive impact through their newfound life in Canada.
This coveted national award recognizes the achievements and accomplishments of Canadian immigrants.
To Nominate Visit
canadianimmigrant.ca/rbctop25
Ian Hanomansing 2010 Winner
Michaëlle Jean 2009 Winner
Bing Thom 2012 Winner
Zulima Wasao 2011 Winner
Aleksandra Nastesko 2013 Winner
RBC Royal Bank
CANADIAN IMMIGRANT
CHEVROLET

Will your double helix lead to a double date?

Gene-ius of love. DNA matchmaking could result in chemistry

TREVOR GREENWAY
Metro in Ottawa

Hey there, nice immune system. Wanna date?

Prospective daters might not be using that pickup line, but an Ottawa matchmaker is.

Misty River Introductions has teamed up with Toronto biotechnology firm Instant Chemistry to start matching couples based on DNA. More specifically, the romance firm is pairing up people who have different immune systems, as Misty River owner Linda Miller says "studies have shown that people are more likely to choose somebody with a more different immune system than their own."

It's basic science, says Miller, who has been matching couples for the past 20 years.

"You are more physically attractive to someone with a different immune system," she said, although she adds that looks are almost everything.

Clients submit a cheek swab to Misty River and the tests go back to Queen's University for analyzing. In the meantime, Miller does her work, matching up couples based on socio-economic backgrounds, religion, interests and age, and when she has a list of potential matches, she will then apply the DNA tests to see which people would be most physically attracted.

"It's evolution," she says, adding that her matchmaking firm currently has 5,000 active Ottawa members. Miller says daters have an average success rate of 75 per cent when they come to see her. It's an alternative to online dating, which she says is "exhausting" daters.

"Everybody has the same commonality: They all want to spend their life with somebody and they all want that special connection," she says.

"The sky is bluer, everything is just better with somebody that you really connect with."

DNA samples from clients of Misty River Introductions are bundled off to a Toronto biotech firm for testing. CONTRIBUTED

New Zealand

Japanese whaling ship raises ire of Kiwis

New Zealand sharply criticized Japan on Monday for allowing a whaling ship to enter New Zealand's maritime economic zone.

The government said Japan ignored requests that the Shonan Maru 2 steer clear of New Zealand's 200-nautical mile exclusive economic zone as the whaler pursued an anti-whaling vessel operated by protest group Sea Shepherd.

Japan defended the incident, saying any ship is allowed under international rules to enter an exclusive economic zone, and that it had been necessary to protect the Japanese whalers from the activists' protest.

THE ASSOCIATED PRESS

Operation Angry Birds

Cockfighting raids in New York

More than 3,000 birds were rescued in a cockfighting takedown in New York this weekend that resulted in nine arrests, authorities said.

"Operation Angry Birds" simultaneously targeted locations in Queens, Brooklyn and Ulster County with assistance from the American Society for the Prevention of Cruelty to Animals and the Ulster County Sheriff's office, Attorney General Eric Schneiderman said in a statement.

In New York, cockfighting and possession of a fighting bird at a cockfighting location each carry a maximum penalty of four years in jail and a fine of up to $25,000, according to the attorney general's office.

THE ASSOCIATED PRESS

THIS FEBRUARY 14TH. GIVE YOUR Love THE GIFT OF Vaping
VAPEXCAPE
MARLBOROUGH MALL, WESTBROOK MALL & PACIFIC PLACE MALL
VAPEXCAPELOCATIONS.CA

TOYOTA
DRIVE HOME A DEAL
SALE ENDS THIS SATURDAY
Valentine's Day Event
Our largest sale of the year!
2014 COROLLA LE CVT
STK# 140161
STARTING AT $129*/BW
2014 VENZA AWD
STK# 131711
STARTING AT $185*/BW
The first 50 buyers receive $2500 Diamond Earings from Jewels By Maxime's
Exclusive Sale Hours
Wednesday 9-9, Thursday 9-9, Friday 9-6 and Saturday 9-6
2014 SIENNA V6
STK# 130967
STARTING AT $188*/BW
2014 RAV4 AWD
STK# 131128
STARTING AT $169*/BW
Jewels By Maxime's
Diamond earings for you or your Valentine with every Vehicle purchase!
STAMPEDE TOYOTA
STAMPEDETOYOTA.COM
A HOT NEW BRAND OF SERVICE
1-888-594-8124
DEERFOOT TRAIL
BARLOW TR.
TRANS CANADA HWY
*2014 Corolla LE Auto BURLEC AA payment based on 96 months at 3.99% with 0 down. 2014 Sienna V6 ZK3DCT AA payment based on 96 finance with 0 down. 2014 RAV4 AWD LE 8FREVT payment based on 96 months at 3.99% with 0 down. 2014 VENZA AWD BA3BBT AA payment based on 96 months at 3.99% with 0 down. Interest rate is O.A.C. * Diamond earings available with purchase of new or preowned vehicle exclusively during the sale hours. Based on the individuality of each diamond, value may very between gift.

follow us @metrotoronto

metro

The giving network

You know what's cool? Giving away $970M in shares

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock to a non-profit in December. THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.46¢ (-0.13¢)

TSX 13,794.18 (+7.68)

OIL $100.06 US (+$0.18)

GOLD $1,274.70 US (+$11.80)

Natural gas: $4.59 US (-$0.07)
Dow Jones: 15,801.79 (+ 7.71)

Not a g'day for Aussies: It's the end of car-making Down Under

Vehicles speed past a Toyota dealership in Sydney, Australia, on Monday. Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

CAREER FINDER
3,000 OSTEOPATHS NEEDED IN CANADA
- become an osteopath in 4 to 8 MTS
- teaching in 65 cities, FT or PT
- $3,500 in Scholarships
- osteopaths hired at $30 per hour
- one of top 25 occupations in demand

Nationalacademyofosteopathy.com
1-877-550-6550
National Academy of Osteopathy

MBH ACCOUNTING & TAX SERVICES INC.
PERSONAL TAX (EFILE) STARTING AT $30 PER PERSON
CORPORATE TAX | PAYROLL | GST
403-397-5336 -OR- 403-453-2999 | SUITE 211 3515 17 AVE SW
mbhaccounting.webs.com

BE PART OF HISTORY
MEN SIGN UP NOW!
325 SINGLE WOMEN
HELP CALGARY REACH A GUINNESS WORLD RECORD!
CALGARY SPEED DATING
REGISTER TODAY AT WWW.CALGARYSPEEDDATING.COM

Did Flappy Bird fly too close to the sun?

Flap over app. Like Icarus, the game had a fast rise and fall to earth

ELISABETH BRAW
Metro World News in London

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user. The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how. They're easy to learn, so to get good you just have to play them often enough. Flappy Bird, by contrast, is unforgiving, so success feels meaningful.

But Flappy Bird got a lot of criticism.

Yes, a lot of praise and a lot of criticism. It created controversy (*questions have been raised whether bots were used to boost its app chart popularity – ed.*), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out. But its success is also down to chance. Even if you followed all these steps, it's not certain that your game would be successful.

What does the success of Flappy Bird, a game created by one man in Vietnam, mean for Silicon Valley?

Indie games like Flappy Bird are becoming bigger because they have access to users through channels like the Apple Store. They go against the current design paradigm, and they rely on the makers' artistic sense rather than market research when they create their product. I wouldn't be surprised if game companies start incorporating Flappy Bird aspects into their design paradigm.

Reduce your debt by up to 75%
Find out how with a consumer proposal.
A consumer proposal can help you manage monthly payments, reduce your debt - and it's not bankruptcy.
Contact us, we'll help you find the right solution.
310-8888 or visit gt.alger.ca
Evening and weekend phone consultations available!

CONSUMER CHOICE AWARD 2013
Grant Thornton
Proposal Administrators | Debt Counselling
Debt Restructuring | Trustee in Bankruptcy
© Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

LOVELY TIME TO NOT DO THIS

SHE SAYS

Jessica Napier
metronews.ca

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet chocolates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture

COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. METRO

Q & A

Newest selfie

ZACHARY COPFER
Microbiologist/ photographer based in Cincinnati, Ohio.

How did you manage to get the bacteria to 'paint' this?
I received a sample of bacteria taken using a swab from Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?
It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait

IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

ISTOCK IMAGES

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivitol Tracker will help everybody stay in sync and projects stay on course.

Twitter

@metropicks asked: Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghic: Scope out traffic before rush hour.

@deb2v: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

metro

RRSP GUIDE

Tuesday, February 11, 2014

An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

How to navigate your savings vehicle

YLVA VAN BUUREN
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-under age group, they're not sticking to a job long enough to have a company pension plan anyway."

Can investing in an RRSP reduce your taxable income?

- Tax rates are based on percentage of income. For example, in federal taxes, Canadians pay 15 per cent on $44,000, 22 per cent on $44,000 to $88,000, 26 per cent on $88,000 to $136,000, and 29 per cent on more than that. Provincial tax is added on top of that. Someone making $45,000 will pay 22 per cent federal tax while someone making $41,000 will pay 15 per cent.

Self-employed

If a self-employed person is making more than $40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than $40,000, a deduction is not going to help significantly.

Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).

Saving even a small amount each year can help you build a nest egg for your future. MIRCO VACCA/SHUTTERSTOCK

Strategy. Start planning for your future

Age is a key consideration with an investment strategy, especially when it comes to how much, and when, a younger investor should contribute to a registered retirement savings plan.

"We believe that it's never too early to start investing in your future," said Dennis Tew, chief financial officer at Franklin Templeton Investments Corp.

"Sometimes there's a tendency to wait and forgo contributing when we're young due to other priorities — families, mortgages, weddings — but, in fact, it should always be a priority. Even a small amount each year can make a difference over a lifetime."

For the young investor looking to make their first RRSP contribution this year, Tew offers these tips to help make the decision a smart one.

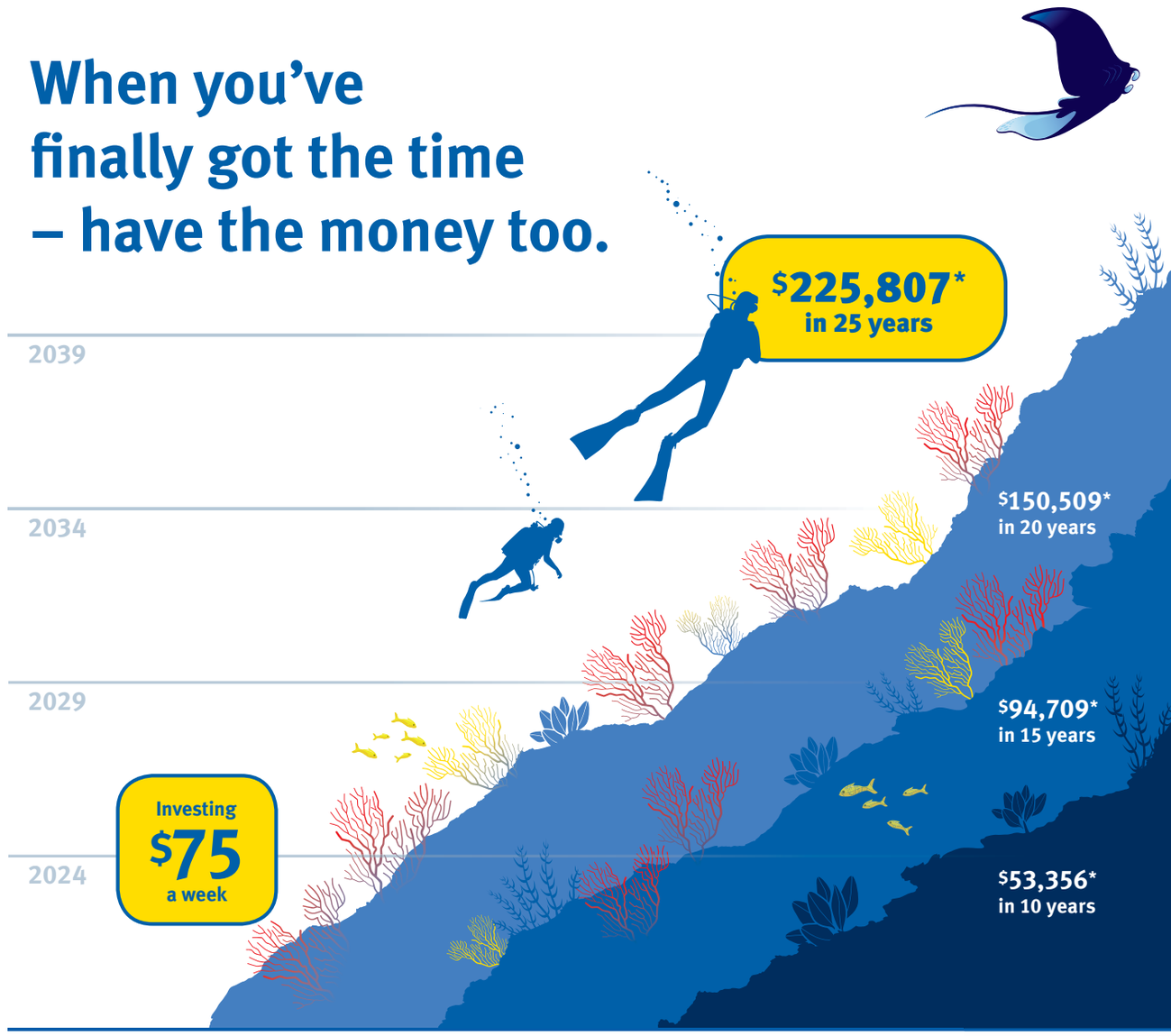
1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?

2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest — bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

3 Speak with an adviser. Investment advisers have their fingers on the pulse of markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your personal risk tolerance and investment goals. NEWS CANADA

RBC Royal Bank

When you've finally got the time – have the money too.



Regularly investing $75 a week opens up extraordinary possibilities.

Start today. Visit a branch or rbc.com/scuba or call 1-866-233-2736

Advice you can bank on®™

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. * The example assumes a 6% annual rate of return in a Registered Retirement Savings Plan. Example is strictly for illustrative purposes only and not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. ® / TM Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © 2014 Royal Bank of Canada. All rights reserved.

Plan to use unused contributions

TALBOT BOGGS
Smart Investing

Do an analysis of your retirement — what do you want to do in your retirement and how much will you need to maintain that lifestyle? ANDREY_POPOV/SHUTTERSTOCK

The government set up registered retirement savings plans in 1957 as a vehicle for Canadians to save for their retirement. But more than five decades later, data shows they have not used it to their fullest and Canadians are now sitting on some $600 billion in unused contributions.

"A lot of people just don't have the income to be able to contribute to the maximum," said Johnathan Rivard, an investment adviser with Edward Jones. "They have a lot of other priorities like a mortgage, children's education, cars, entertainment and travel. With everything else they have to do it's just not that high a priority."

How can Canadians catch up on their RRSP under-contributions and help ensure they have enough money tucked away for retirement?

"Budgeting is key," Rivard said. "Do an analysis of your retirement — what do you want to do in your retirement, how much will you need to maintain that lifestyle and then how are you going to fund it? It's important to understand why you are contributing."

One financial question that seems to come up continually in financial planning is whether it is better to pay down your mortgage or contribute to your RRSP.

Unfortunately, there's no easy answer. A lot will depend on individual circumstances such as lifestyle, debt level and interest rates, but there are some things to consider.

"A lot of people believe real estate is one of the best long-term investments you can make," Rivard said. "There are a lot of costs associated with real estate like taxes and repairs and maintenance that can really add up over time. Investments, however, tend to be more passive when it comes to costs although fees sometimes can be a discouragement as well.

"So it's really important to get some professional financial advice for the best solution for you based on your personal situation."

RRSP contributions also tend to be impacted by the economy and performance of financial markets.

"When the markets do well we tend to see better RRSP seasons," Rivard said. "A lot is driven by emotion. When people feel good they are more inclined to invest, but during the recession of 2008-09 investment was down. It's pretty cyclical."

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

TFSAs offer versatility

YLVA VAN BUUREN
For Metro

Contribution amount

- You can contribute up to $5,500 per year into a TFSA plus any unused contribution room from previous years.

Since it was introduced in 2009, the tax-free savings account (TFSA) has changed the complexion of financial planning, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

"You can use it for any purpose ... short term, long term, rainy day fund, a special purchase, a 25th anniversary, and for retirement — with tax-free growth. And the money can be pulled out at any time at no taxable cost."

Here are some ways to use a TFSA.

• Pension plan plus: Anyone with a good pension can use a TFSA. "You don't get a tax deduction (like you do with an RRSP contribution) but where an RRSP will hurt is when you start to take it out," said Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada. "RRSP money may push you into a higher tax bracket." TFSA funds are not taxable.

• Windfall: If you receive a windfall of some kind and tax payable is zero, putting it into an RRSP is not going to provide a significant income tax break and you will pay tax later. If you don't have a TFSA, open one. You can carry forward unused contributions this year, $31,000 total since 2009.

• Retirement savings: When a marginal tax rate is not high ($40,000 or less), the deduction from an RRSP contribution will not affect tax rate significantly. But a TFSA allows for tax-free growth.

• Emergencies: Using a TFSA as an emergency fund is absolutely a good idea, Owen said. The money is accessible and can still make money with no penalty or tax if you decide to withdraw it.

• Investments: The TFSA is functional for conservative and speculative investments. "If you earn $100 in interest, you would normally have to pay tax on that," Williams said.

"But in a TFSA, there are no tax implications. If you get lucky and your investment goes from $5,000 to $25,000, you still don't pay tax on the growth. Pull the money out of TFSA and contribution space would be restored in the next year."

If you receive a windfall of some kind you might want to consider placing that money into a tax-free savings account. SYDA PRODUCTIONS/SHUTTERSTOCK

Protect savings from life's surprises

If you are like most Canadians, your registered retirement savings plan (RRSP) will be your main source of retirement income.

But what would happen if you had to stop contributing to your RRSP or dip into those investments to pay for an injury or illness that prevented you from earning an income?

"Life is what happens when you're busy making other plans, but if you don't protect your income you could be risking your financial well-being," said Heather Clarke, certified financial planner at Investors Group.

"Having the right insurance in place can help you make sure your retirement savings stay on track."

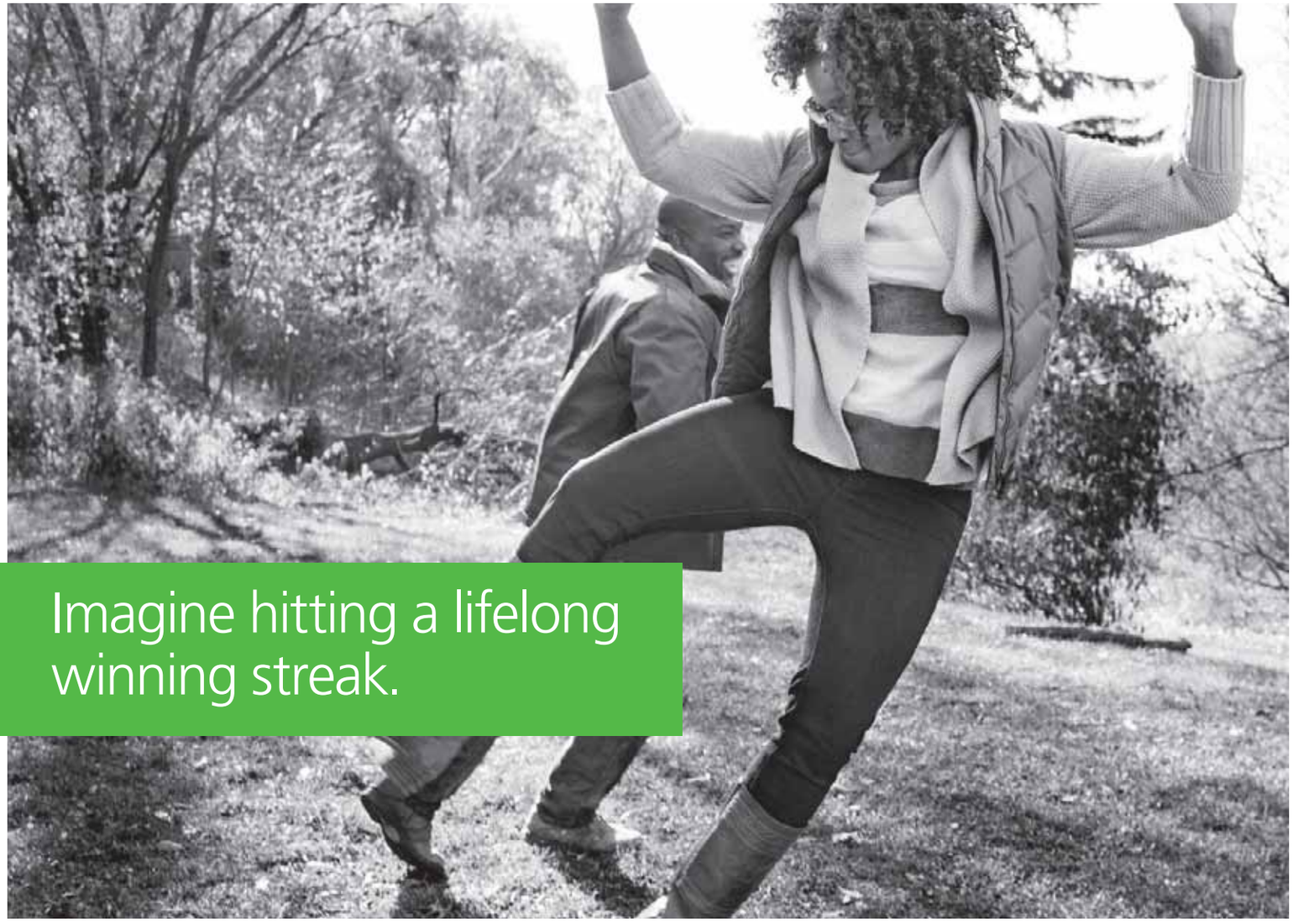
Here are three reasons to consider disability, critical illness or long-term care insurance.

• It could happen. According to actuarial statistics, the average Canadian has a one-in-three chance of becoming disabled for 90 days or longer, at least once before the age of 65. The average length of a disability longer than 90 days is almost three years.

• Stopping your RRSP contributions can hurt your retirement savings. For example, at 25 you start making RRSP contributions of $300 per month, but become permanently disabled at age 35 and are unable to contribute to your RRSP. By 65, your nest egg will be worth $400,000 less than it would have been if you had continued to make contributions until retirement (assuming an eight per cent compound annual rate of return).

• You may have less income, but greater expenses. If you become disabled, depending on the nature of your disability you may have ongoing medical expenses that increase your overall cost of living.

NEWS CANADA



Imagine hitting a lifelong winning streak.

Don't forget, the RSP contribution deadline is March 3.

Saving is winning.

There's something really exciting about seeing your money grow. From saving up for something special to contributing to your RSPs, TD has automated savings options that make paying yourself first an easy, affordable and effective way to save. Make saving a winning lifelong strategy today.

Visit a branch or
tdsavingiswinning.com

® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

It's time you level with your significant other: there's no way you're going to watch The Notebook on Valentine's Day. And not just this year — you're talking about never again. The same goes for Love Actually, The Vow, When Harry Met Sally or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
scene@metronews.ca

5 Films that aren't The Notebook

Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. The City of Lights has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.

Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.

A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.

Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

Science IN THE Cinema
ASK A HEALTH RESEARCHER: IS IT SCIENCE OR FICTION?

Saturday, February 15th, 2014 1:00 PM

PG

A white blood cell, with the help of a cold pill, must stop deadly bacteria from destroying their human host.

Movie introduced by Dr. Kamala Patel, Professor and Associate Dean of Faculty Development, Department of Physiology and Pharmacology, U of C. She will host a family-friendly discussion about the human immune system after the movie.

Alberta Innovates Health Solutions

FREE
admission & popcorn

At the
Globe Cinema

617- 8 Avenue S.W.
Calgary

aihealthsolutions.ca/sitc/

Like us on Facebook: Science in the Cinema

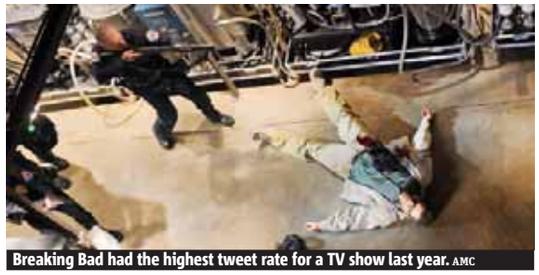
Folio Prize

Canadian Carson up for Britain's new literary trophy

Canadian poet Anne Carson is among the nominees for a new literary prize designed to find the best book published in Britain. The 40,000-pound ($66,000) Folio Prize is open to any book published in Britain in 2013. The eight finalists, announced Monday, include Carson for her long-form poem Red Doc. The Toronto native, who teaches at the University of Michigan, has already won honours including the T. S. Eliot Prize for Poetry and the Griffin Poetry Prize. The Folio Prize list also includes five books by U.S. writers: Schroder by Amity Gaige; Benediction by Kent Haruf; The Flamethrowers by Rachel Kushner; A Naked Singularity by Sergio De La Pava; and Tenth of December by George Saunders. There are also two books by Britain-based writers — Jane Gardam and Eimear McBride.

THE ASSOCIATED PRESS

Nielsen study. Television time-shifting is on the rise



Breaking Bad had the highest tweet rate for a TV show last year. AMC

TV viewers are watching more programs on their own schedule, according to a Nielsen company media study released Monday. In the past year, time-shifting of television content grew by almost two hours, averaging 13 hours per month, the study found. Viewers averaged nearly 134 hours of live TV viewing a month in 2013, down nearly three hours from 2012.

Television still remains central to media consumption, the study found, despite the increase in time-shifted viewing and streaming video through a computer or smartphone. On average, American consumers own four digital devices, the report found. The majority of U.S. households own high-definition TV sets, Internet-connected computers and smartphones, while nearly half also own digital video recorders and gaming consoles. The average consumer spends 60 hours a week viewing content across various platforms, Nielsen found. Multitasking is common; 84 per cent of smartphone and tablet owners say they use their devices as second screens while watching TV. "It's an exciting evolution in the ways people are using devices to get media," said Megan Clarken, Nielsen executive vice-president. THE ASSOCIATED PRESS

NATIONAL READING CAMPAIGN
Reading does so much for our kids. Join us in doing something for reading at **nationalreadingcampaign.ca**
TD metro TORONTO STAR thestar.com
Strong Supporters of Literacy

KEVIN COSTNER
AMBER HEARD
HAILEE STEINFELD
3DAYS TO KILL
IN THEATRES FEBRUARY 21
3daystokill.ca
You could WIN an advance screening pass to 3DAYS TO KILL
In Theatres February 21
Visit clubmetro.com to enter
VISIT clubmetro.com TO ENTER
e one
No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

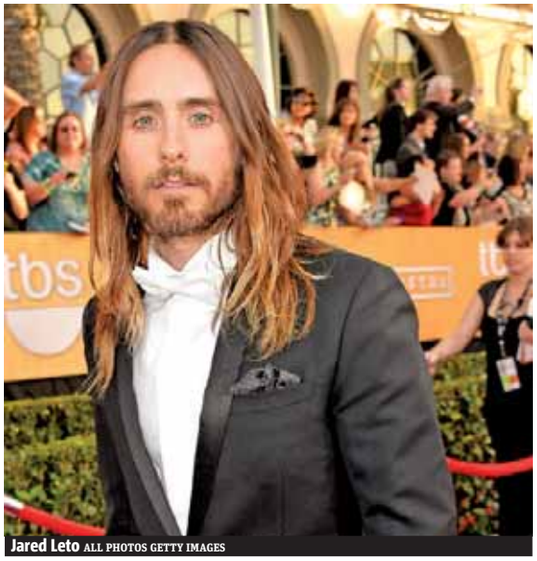
TOUCH *her* HEART
WITH A PANDORA
GIFT SET*
Available starting January 15

— BOW VALLEY —
Jewellers
Downtown Bow Valley Square
122, 205 - 5 Avenue S.W.
Calgary, Ab • 403.234.0888
Open Mon. - Fri. 9am - 5pm

PANDORA®
UNFORGETTABLE MOMENTS
PANDORA Valentine's Day gift sets starting at $150.*
*Before taxes. While supplies last. See store for details.
Some jewelry displayed patented (US Pat. No. 7,007,507) • © Pandora • PANDORA.NET

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jared Leto ALL PHOTOS GETTY IMAGES

Got the munchies? Leto will be supplying the Oscars snacks

Jared Leto says there's only one thing that gets him through the endless film awards season: A packed lunch. The 42-year-old has already won a Screen Actor's Guild Award and a Golden Globe for his performance as the transgendered Rayon in Dallas Buyers Club and he is nominated for an Academy Award. He says award shows "last for sometimes hours and hours and hours." Actors and directors "do red carpet in the afternoon and you end up leaving late in the evening. I like to eat really healthy, so I bring little snacks." At the Golden Globes, Leto says he got plenty of ribbing for his snacks but within minutes, "Reese Witherspoon, Jennifer Garner, Matthew (McConaughey), everyone is reaching into my bag!"

THE ASSOCIATED PRESS

Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.

Susan Sarandon

The Word

'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't, and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.

Chris Kattan

Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS

Twitter

@rustyrockets
In Berlin tonight joking about Hitler.

@SteveCarell
So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.

@BRUCKHEIMERJB
Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

CARDEL RENOS
Get a spa-like bathroom from $15k.
CALL FOR A FREE IN-HOME CONSULTATION | 403.258.1511

CARDEL HOMES
Built for real life.
CARDELHOMES.COM

WANT YOUR HIGH SCHOOL DIPLOMA?
STRUGGLING TO BALANCE SCHOOL & WORK?
We can help!
WORK AT YOUR OWN PACE ACCEPTING STUDENTS 15-19 FLEXIBLE HOURS
WESTBROOK OUTREACH #3, 1002 – 37 ST. SW 403.777.8020
Calgary Board of Education

Confidently leave the (home-workout) nest

Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA SZYDLO
life@metronews.ca

Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?
Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of — specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?
The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises. Eventually, you want to incorporate both machines and free weights into your routine.

Quoted

"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."
Venessa Coda, personal trainer and licensed Zumba instructor

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?
Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

Is hiring a personal trainer a must?
Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

For your phone

Boston Marathon World Run (iPad, iPhone, Android; free)

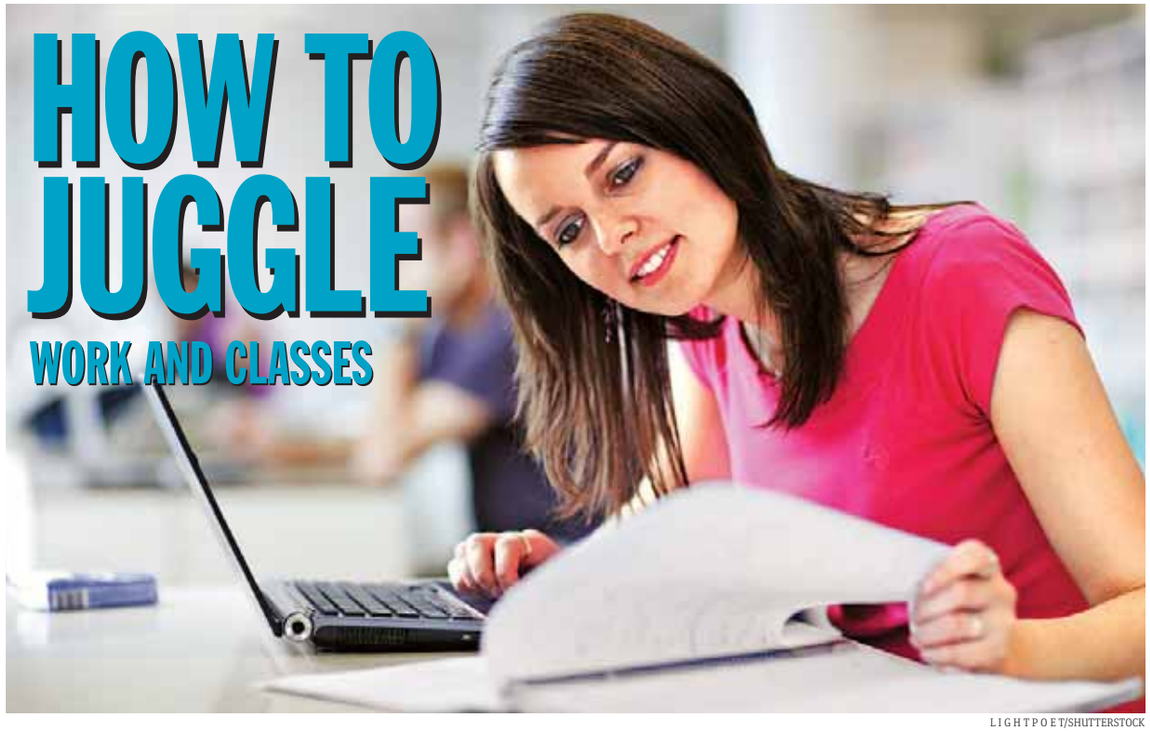
MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.

Home renovations from the homebuilding experts.
CALL FOR A FREE IN-HOME CONSULTATION | 403.258.1511
CARDEL RENOS
Built for real life.
CARDELHOMES.COM
CARDEL HOMES

HOW TO JUGGLE

WORK AND CLASSES



LIGHTPOET/SHUTTERSTOCK

Looking for a part-time job while juggling classes and homework can be a challenge. Tang Choy, an employment support counsellor from Ryerson University's Career Centre, has numerous tips that will help students cut their job search time in half.

1 Spread the word. Let your family, friends and acquaintances know that you are looking for part-time work and indicate your area of interest. Remember, if your connections don't know that you are seeking employment, they can't help. Apply the 80/20 rule when sharing your job search progress with your social network online — 80 per cent of your updates should benefit/help others, and the other 20 per cent can be self-promotional.

2 Research and prepare. Target your job search by researching companies you want to work for, and remember that everyone you meet could potentially have a job for you. Prepare and rehearse a 30-second pitch that you can use on a prospective employer to highlight your relevant skills and experience.

3 Tailor your resumé and cover letter. Use key words in your resumé and cover letter that are included in the job description. Emphasize your relevant experience, skills, and accomplishments.

4 Look on- and off-campus. Check out employment opportunities on campus, and talk to your professors to see if they can use an extra hand. Off campus, visit company websites and connect with professionals in the field. Also consider staffing agencies that provide opportunities for temporary work.

5 Network and prospect. Up to 80 per cent of all jobs are never advertised. Access the "hidden job market" by cold calling and sending resumés and cover letters to prospective employers even when there is no job posting. Build genuine connections within your target industry and approach people in your position of interest to get information for your job search. When networking, always be prepared to follow up with your new contact with calls and emails.

6 Attend career and job fairs. Career and job fairs are a fantastic way to make direct contact with a number of companies in one setting. Research each company and prepare some thoughtful questions for them.

7 Create your own opportunities. Not finding any part-time positions that catch your eye? Consider offering your skills and knowledge as a consultant. Did you ace a certain course? Perhaps you can tutor other students. Are you a whiz at fixing computer bugs or minor landscaping or cooking?

– Metro News Services

ANDRESR/SHUTTERSTOCK

NO EXPERIENCE REQUIRED AT DIGITAL SCHOOL

While most people have some sort of computer skills, Digital School does not require its incoming students to be experts when they set foot in the door to start their training towards a career in computer-aided design (CAD).

"People coming here do not need advanced computer skills to start a computer-aided drafter certificate, or architectural or engineering CAD technician diploma program," says Brady Sylvester, assistant manager, Digital School. "While new students do need to be comfortable working in a Windows environment, they don't have to be spreadsheet wizards or have previous experience with graphics software, as that's what they'll be learning, along with a whole lot of other pertinent subjects."

Sylvester says if you do have experience in those areas, don't worry that you will be bored — you will be training on the most up-to-date Autodesk CAD software, led by experienced instructors who have a knack for enabling a smooth learning process in a challenging subject.

Digital School's CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization. Students can earn a degree in less than a year — full time, part time or online.

Digital School is also offering building information modelling (BIM) training.

For more information about Digital School, visit digitalschool.ca.

everywhere.

We'll take you everywhere.

Wherever you find yourself in the world, Athabasca University can go there with you. As a world leader in online education, we have courses and programs that fit every stage of your life. And we're ready to begin when you are.
Athabasca University. Open. Everywhere.

Discover the future of learning at everywhere.athabascau.ca

Athabasca University

GET A TASTE OF MRU

AT INFO NIGHT ON MARCH 19

CONTRIBUTED

Whether you are looking to learn a new skill for professional development or personal interest, the faculty of continuing education at Mount Royal University is holding a free info night for those interested in learning more about the community and health services programming options.

"It's an opportunity to meet staff and instructors and learn about every program we offer, ask in-depth questions such as admission requirements, financial assistance, practicums, course schedules, registration process, etc.," says Christina White-Prosser, program director, community and health studies, MRU.

Attendees also have the opportunity to meet current students and grads and speak with them about their experiences at MRU and their current careers.

With more than 20 different programs available, prospective students can learn more about careers in areas such as conflict resolution, police sciences, children's mental health, and many more.

Some careers in health and human services are in high demand, such as massage therapy, addictions, personal fitness trainer, birth doula, education assistant, and curriculum development.

"When students graduate from MRU, they not only have the skills they need to get a current job, they also have the skills to grow and evolve in their chosen field," White-Prosser says.

There will be opportunity to meet potential employers to understand what the career is all about.

All of these programs are student-centred and students get the added benefits of small class sizes, flexible schedules (with full-time or part-time options), hands-on experience, and credit transfer opportunities.

The community and health studies info night takes place March 19 from 4-7 p.m. in the Roderick Mah Centre for Continuous Learning.

Free parking is available for the event and attendees can enter to win prizes and a gift of tuition.

For more information, please visit conted.mtroyal.ca/yourcommunity.

NEXT STOP, COLLEGE.
Academy of Learning Career College prepares students for a future full of opportunity.
TRAIN FOR A NEW CAREER IN ONE YEAR OR LESS!
Health Care Aide
Medical Office Assistant / Unit Clerk
Legal Administrative Assistant
Hotel and Tourism Management
Marketing Coordinator
Payroll Administrator
Business Management
Network Administrator
Web Designer
and more!
CONSUMER CHOICE AWARD
Call Today for more information
Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca
CALGARY NORTHEAST (403) 569-8973
CALGARY SOUTH (403) 252-8973

AMBROSE UNIVERSITY COLLEGE
OPEN HOUSE
Thursday, February 13, 2014
10:00 am – 3:00 pm
UNIVERSITY DEGREES
MINISTRY TRAINING
SEMINARY EDUCATION
Academics
Faith
Community
www.ambrose.edu
Calgary, Alberta
ambroseuc
@ambroseuc
ambroseuniversity
ambroseuc
FAITH INSPIRED LEARNING

LET A MENTOR HELP PLAN YOUR FUTURE

ST. MARY'S UNIVERSITY COLLEGE PROGRAM

CONTRIBUTED

Sometimes it's hard to know if you are making the right career decisions until you speak to someone who is actually involved in that particular field.

This is where a mentor comes in handy.

St. Mary's University College is pleased to announce the launch of a mentorship program that will begin this month.

Laura Cochrane, St. Mary's academic and career adviser, decided to start the program because students were asking her for additional career guidance and work experience opportunities.

"Many of the students I work with would like exposure to different career options and this program is intended to facilitate the career exploration process," Cochrane says.

There are many benefits for students participating in the mentorship program.

Students have the opportunity to receive extra assistance with their career planning, gain additional valuable tools for employment upon graduation, and begin working on connecting with industry leaders.

Students will be matched with a mentor who is currently working in an area in which the student is interested.

The student and mentor determine what form the mentorship will take — whether it includes career conversations, job shadowing, job search assistance, interview coaching and/or networking advice.

A mentor is a great resource for any student since they can bring a fresh, real-world perspective to the student and their career journey.

The advice of a mentor comes from a place of general interest to see the student succeed and watching them achieve their career and education goals.

Through the mentor's own experiences, they are able to share practical applications of the student's current education and offer valuable insight into the current workforce. They also provide students with an important network to the current job market.

Students and mentors will determine the frequency and duration of meetings, with the recommended time commitment being one to two hours per week until the end of the semester.

For more information about St. Mary's mentorship program, please contact Cochrane at 403-254-3709, laura.cochrane@stmu.ca, or visit stmu.ca.

YOU COULD WIN A YEAR OF
FREE TUITION
OR AN IPAD MINI
Apply for admission before March 15th, 2014 and you'll be entered to win a free year of tuition, plus weekly prize draws for 1 of 9 iPad minis.
Visit uregina.ca/futurestudents to learn more.
Improve your odds! The sooner you apply, the more chances you'll have to win an iPad mini!
University of Regina

BRING STRENGTHS INTO PLAY

AT WERKLUND SCHOOL OF EDUCATION

CONTRIBUTED

When Satinder Kaur immigrated to Canada in 2009, fear almost stopped her from pursuing her career as a teacher.

"I had a lot of misconceptions about upgrading and job prospects in this country," says Kaur, who had 15 years of experience teaching in India.

But after she applied for her teaching certification and received the list of requirements needed to teach in Canada, she enrolled in the bridge to teaching program at the Werklund School of Education, University of Calgary.

"Besides getting invaluable guidance and deeper knowledge of entirely new fields like inclusive education, special education, assessment criteria and much more, I got fascinated with a friendly, loving and caring environment in this great program," says Kaur, who now works as a Punjabi teacher at Khalsa School.

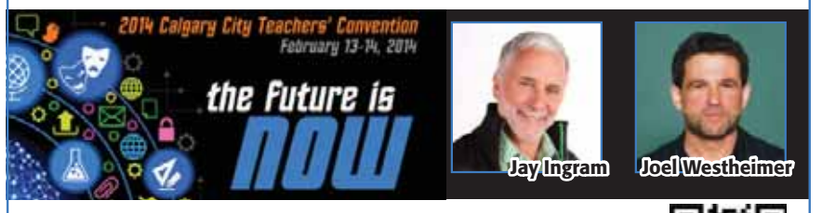
The bridge to teaching program in graduate programs in education at the Werklund School of Education, University of Calgary, is a full-time, two-semester program, serving internationally experienced teacher who want to teach in Alberta schools.

The courses focus on providing opportunities for these teachers to bring their strengths into play as they learn about the Alberta curriculum, policies and expectations on teachers and students.

For more information about the bridge to teaching program or to register for the open house on Feb. 27 at 6 p.m., visit werklund.ucalgary.ca/gpe/bridge-teaching.

THE FUTURE IS NOW
EVENING KEYNOTES ON EDUCATION

The Calgary City Teachers' Convention Association would like to invite the public to a thought-provoking evening on the **Future of Education** featuring Author & Researcher **Joel Westheimer** and Science Broadcaster & Beakerhead Co-Founder **Jay Ingram**. **Thursday, February 13, 2014** from 6:45-9:30 pm (doors at 6:00) in the Macleod Hall at the Calgary TELUS Convention Centre.



Tickets are $15 for the public and can be purchased through the convention website at
www.cctca.com

MOUNT ROYAL UNIVERSITY
1910

You.
Investing in the future

- **Personal Finance & Investing**
- **Accounting Software**
- **Canadian Investment Funds Course**
- **Canadian Securities Course**
- **CAPPA**
- **Certified Commercial Investment Member**
- **Certified Financial Planner®**
- **Certified Internal Auditor**
- **Payroll Certifications**
- **Life License Qualification Program**

Continuing Education
403.440.6875
mtroyal.ca/conted

ENTER TO WIN BASICS OF INVESTING COURSE FEB. 20-27.
conted.mtroyal.ca/financial

CONTRIBUTED

CONSIDER BIOLOGY WITH AMBROSE

If you spent your childhood outside collecting bugs, fascinated by animals or being curious about the environment, perhaps a career in the field of biology is for you.

For those individuals who have a love for science, Ambrose University College offers a four-year bachelor of science biology.

"While the Ambrose biology program offers biology courses you would typically see at any university, the small class sizes allow for more hands-on learning with extensive professor contact, discussions, case studies, and full laboratory experiences taught by your professors rather than teaching assistants," says Dr. Carol Gibbons Kroeker, associate professor of biology and physiology, biology program chair at Ambrose University College.

Gibbons says each biology professor brings their own unique specialties to the program.

And students have a wide variety of courses to choose from with the four streams, including anatomy and physiology, zoology, kinesiology, ecology, cell biology, biochemistry, microbiology, and more.

Students will leave the program equipped with the knowledge and technical lab skills to work in a variety of science fields. They will also have all the prerequisite courses to apply to any professional or graduate school in the field.

For more information, visit ambrose.edu/arts-science-programs/biology.

EVENT WILL EXPLORE STATE OF EDUCATION

THURSDAY NIGHT

Join the Calgary City Teachers' Convention Association's public keynote speaker event Thursday with Joel Westheimer and Jay Ingram, for a thought-provoking conversation on how the current education system needs to look like to prepare children for the future.

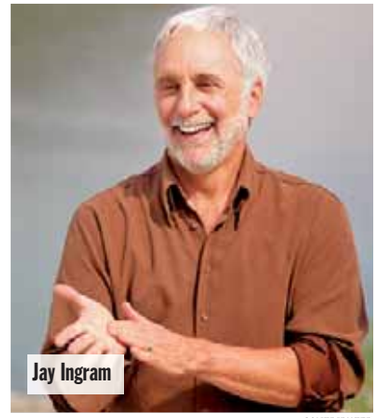
"Democratic societies require more than citizens who are fact-full. They require citizens who can think," says Westheimer, university research chair in democracy and education, University of Ottawa.

Westheimer's presentation will touch on how the education system has changed — for the worse — and how Alberta's schools can change to provide "A Great School for All."

Ingram, a science writer and broadcaster, says his presentation will be about emphasizing qualities that get overlooked, or that people dismiss as unimportant — like fun, emotion and storytelling.

"Teaching science, communicating science through the media, it doesn't really matter, you have to engage no matter who your audience," says Ingram, co-host of Discovery Channel's science show Daily Planet for 16 years and co-founder of Beakerhead.

The event will be held from 6:45-9:30 p.m. in Macleod Hall at the Calgary TELUS Convention Centre. Tickets are $15 and can be purchased at cctca.com.



CONTRIBUTED

Let school come to you.

900+ online courses.
70+ online programs.
19 post-secondary institutions.
One convenient way to learn.

Find out more at eCampusAlberta.ca

eCampusAlberta

digitalschool.ca

THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

DESIGN YOUR FUTURE IN ONE YEAR OR LESS!

- Architectural CAD Technician
- Engineering CAD Technician
- Engineering CAD Technician with Process Piping Specialization
- Computer Aided Drafter
- Online Programs and Courses
- and more!

DIGITAL School
technical design college

1-877-414-0200
#304, 10205-101 STREET, EDMONTON

BE PREPARED FOR YOUR NEW CAREER

AT THE ACADEMY OF LEARNING

ROBERT KNESCHKE/SHUTTERSTOCK

Academy of Learning Career College wants to help you to prepare to put your best foot forward the moment you set foot in the workforce.

When you enrol in one of Academy of Learning's many office administrative programs, you are preparing yourself to enter into a field where skilled professionals are in demand.

"Almost every business has an office, and they need people who have demonstrated they have the most up-to-date skills and can step in and step up to the job at hand," says Charles Jarvis, general manager, Academy of Learning Career College.

"We have a wide variety of diploma and certificate programs at Academy of Learning, some of them very specific in nature, but our office administration programs are where a large number of our graduates find success because the skills they learn open so many doors to so many different career options."

According to Alberta government labour stats, individuals in this field can expect an average wage of about $22 per hour, with employment opportunities expected to increase due retiring baby boomers.

Incoming students can take programs ranging from four to 11 months to learn skills and obtain the diploma that's right for them, depending on their goals.

For more information, visit academyoflearning.ab.ca.

ENROLL IN COLUMBIA'S PROGRAMS TODAY!

NATIONALLY ACCREDITED AND PROVINCIALLY LICENSED PROGRAMS

- Practical Nurse
- Health Care Aide
- Dental Assistant
- Criminal Justice
- Business Management
- Bookkeeping
- Educational Assistant
- Human Services
- Integrated Training
- Alberta Basic Security Training
- Professional Investigator
- Community Support Services
- English as a Second Language (ESL)
- Language Instruction for Newcomers to Canada
- Academic Upgrading

- **FREE COURSES** may be available for individuals applying to many professional programs
- Grant funding is available for certain programs
- Classes start throughout the year
- Check out our Day Care Services
- Career and Employment Support Services

FOR MORE INFORMATION:
www.columbia.ab.ca/m
Call now: 403.235.9300
802 Manning Road NE, Calgary AB

COLUMBIA COLLEGE CALGARY

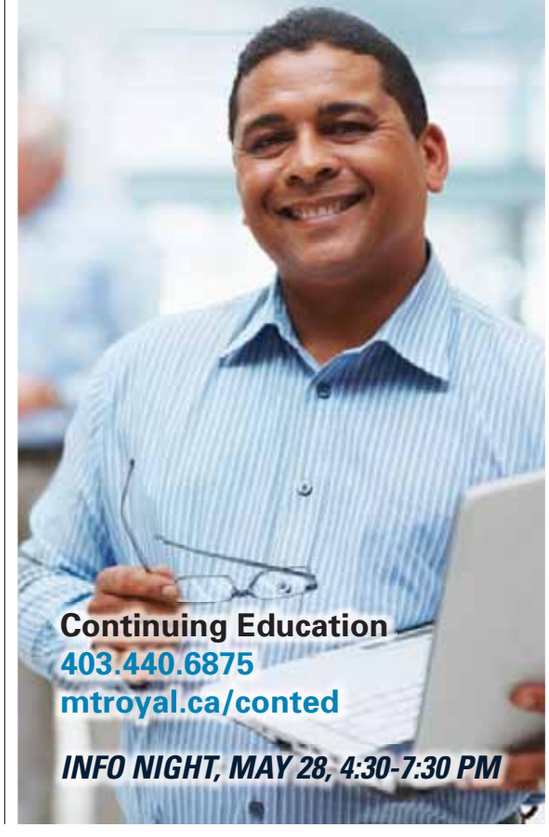
Quality education that works for you & employers.

MOUNT ROYAL UNIVERSITY
1910

You.
Taking care of business

- **Business Analysis**
- **Business Process Management**
- **Accessible Housing Design**
- **Lean Management**
- **LEED® in Practice**
- **Petroleum Joint Venture**
- **Professional Editing**
- **Project Management**
- **Supply Chain Management**
- **Technical Writing**

* Ask about company training



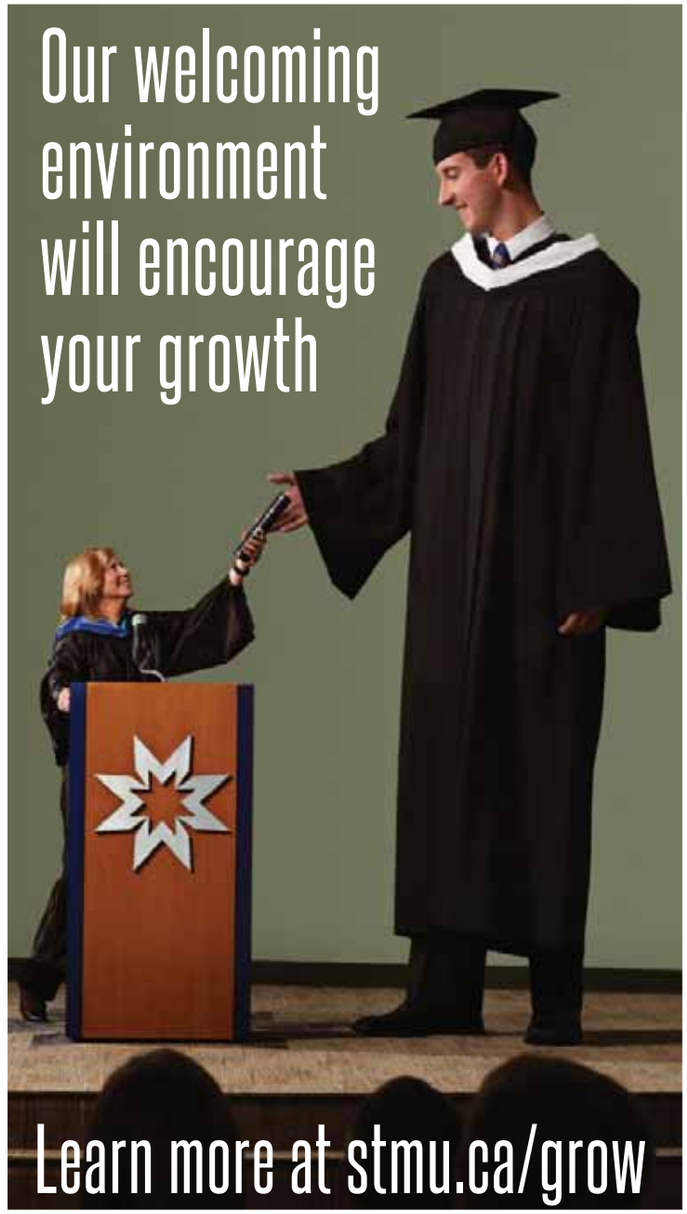
Continuing Education
403.440.6875
mtroyal.ca/conted

INFO NIGHT, MAY 28, 4:30-7:30 PM

ST MARY'S
UNIVERSITY COLLEGE

OPEN HOUSE:
February 22nd at 10:00 am - 2:00 pm
14500 Bannister Rd. SE | Calgary, AB

Our welcoming environment will encourage your growth



Learn more at stmu.ca/grow

CALGARY ALBERTA

COUNT ON MRU FOR FINANCIAL COURSES

GOODLUZ/SHUTTERSTOCK

The start of a new year is a great time to evaluate your personal finances and set goals for paying off debt or investing. But for some this may be a hard path to walk down without any guidance.

Seek out the guidance you need through one of the personal finance and investing courses available though the faculty of continuing education and extension at Mount Royal University.

"The reality for Canadians is that there is a great gap between where we are financially and where we should be," says Robert McCullagh, financial advisor, Benefit Planners Inc., Portfolio Strategies Corp. and MRU instructor.

"It is called the measure of wealth — what you owe and what you own."

McCullagh says these courses help individuals begin to close the gap by changing their perspectives and awareness around money.

You work hard for your money and you should be aware of where it is going and how it affects you long term.

McCullagh says these courses will help to "debunk the financial tips" you have heard your entire life.

As one of the first steps to taking control of your finances, McCullagh recommends preparing an annual "net-worth statement" — a statement that shows all current assets and liabilities.

"It is a snapshot in time," says McCullagh, adding this snapshot will assist you in knowing what steps need to be taken next.

And with tax season around the corner, you will learn whether investing in RRSPs or a tax-free savings account (TFSA) is the best strategy for you.

For more about the personal finance courses available at MRU starting Feb. 20, and to enter to win a couples' registration to basics of investing, visit conted.mtroyal.ca/financial.

TAKE CONTROL OF YOUR LIFE WITH COLUMBIA

CONTRIBUTED

Forget the old saying about not being able to get a job without experience and vice versa — take control of your life with the integrated training (IT) programs at Columbia College.

IT is an occupational skill-training program that provides an opportunity for students to upgrade academics that are relevant to their career choice and take part in relevant work experience.

"Our goal is to assist students secure and maintain employment at higher levels than they have been able to attain for themselves prior to training," says Maria Chisamore, co-ordinator integrated training and work experience at Columbia.

The length of the IT program is 16, 32 or 48 weeks, depending on the program and the student's needs. The course is good for those who have completed English as a second language and have reached satisfactory levels of LINC study.

Students learn occupation specific essential skills, occupational skills related training and work strategies (resumé writing, interviewing, job search, job maintenance) and then complete six weeks of paid or unpaid work experience.

Columbia College partners with businesses that are willing to train and potentially hire students of these programs. Also, paid employment can be offered at any time during the work experience.

The programs are funded by Alberta Human Services and students may be eligible to receive financial assistance to attend school full time.

For more, visit columbia.ca.

SUCCESS STARTED WITH ARTS DEGREE

FOR GRAD FROM THE UNIVERSITY OF REGINA

Chris Dixon has come a long way since the late 1980s, when he was a University of Regina arts student, unsure of what he wanted to do or even what his major should be. Dixon speaks fondly of his time on campus and says his studies at the University of Regina helped propel him to where he is today.

Today, he is designing Vanity Fair, a magazine with a global reputation and a circulation of nearly 1.2 million people.

When Dixon first enrolled at the university, he was like a lot of first-year students, not really knowing what classes he wanted to take. He enjoyed learning and the variety the faculty offered, so he started working toward his bachelor's degree.

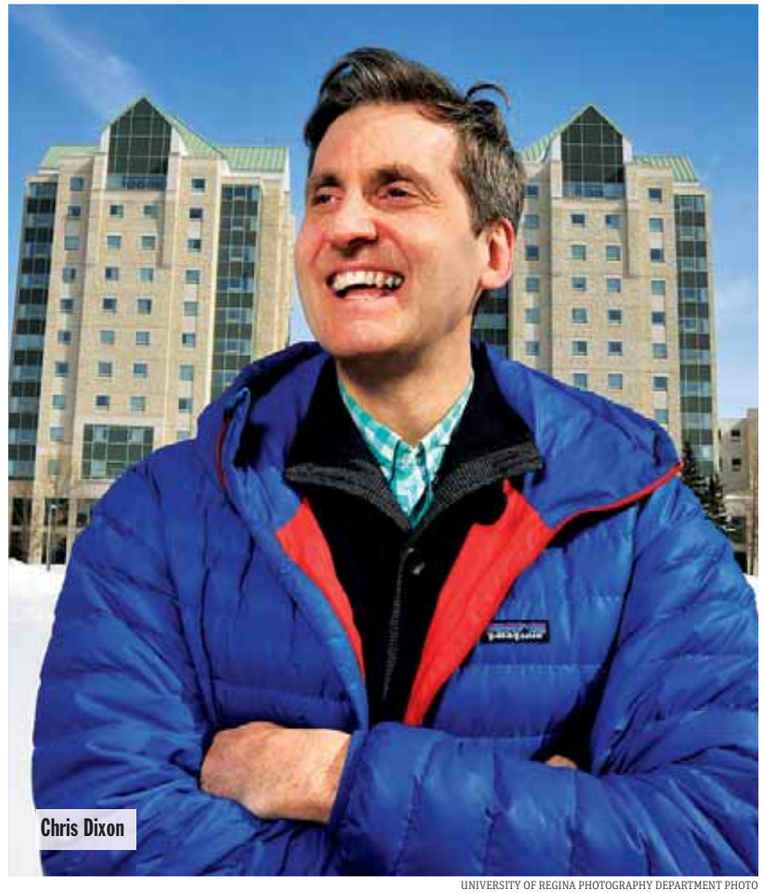
"I studied all these things — math and theology and philosophy and logic — and that helped me later in getting into a career," Dixon says. "Especially working in magazines, the degree gave me a basis of knowledge about a lot of things."

Dixon completed his bachelor of arts in 1992 and later attended Emily Carr University of Art + Design in Vancouver.

"When I went to Emily Carr to study, a lot of the students had come straight out of high school, so they just didn't have as much general education. The things I studied at the University of Regina fed into the projects I was doing at Emily Carr because I was coming at it with a lot more background."

Dixon started as the design director at Vanity Fair in November 2011, and his first issue came out in January 2012 with Lady Gaga on the cover.

– This story is an edited version of a story by BD Miller that originally appeared in Degrees, the University of Regina magazine.



Chris Dixon

UNIVERSITY OF REGINA PHOTOGRAPHY DEPARTMENT PHOTO

ECAMPUS REACHES MILESTONE

ONLINE ORGANIZATION ENABLES STUDENTS

While receiving a quality education can may seem like a reward in itself, the 100,000th online student to register at eCampusAlberta received an exciting surprise.

Jaimie Bogstie, of Calgary, was the lucky student who registered in the youth in criminal justice course as part of her correctional studies diploma offered online from Lethbridge College.

To celebrate this milestone, Bogstie was presented with the eCampusAlberta Lifelong Learner Award and eCampusAlberta will be providing her with tuition assistance for all future eCampusAlberta online courses.

"This program is great for where I want to go with a future career, and completing it fully online makes it all the better," says Bogstie, who plans to complete her diploma by April and then move into the applied degree program. "The great thing about doing it this way is that I can seek employment in the field with my diploma while working towards a degree."

The very first eCampusAlberta student logged on in 2002 and the organization has since grown to include 19 Alberta post-secondary institutions, all hoping to facilitate greater access to high-quality online learning opportunities.

The organization enables students from across the province to access more than 900 online courses and 70 programs, including provincially approved certificates, diplomas and applied degrees.

For more, visit eCampusAlberta.ca.

Jaimie Bogstie

CONTRIBUTED

UNIVERSITY OF CALGARY

DID YOU TEACH OUTSIDE OF CANADA?

DO YOU WANT TO TEACH IN ALBERTA SCHOOLS?

Bridge to Teaching is an innovative eight-month program for foreign-trained teachers who speak English as an additional language and who want to teach in Alberta schools.

BRIDGE TO TEACHING OPEN HOUSE
http://werklund.ucalgary.ca/gpe/bridge-teaching

Thursday, February 27, 2014
6:00 - 8:00 pm
University of Calgary, Education Tower, Room 1220
RSVP to Shelley Enderton by February 24: slendert@ucalgary.ca

Leaders in a Connected World

werklund.ucalgary.ca/gpe/bridge-teaching

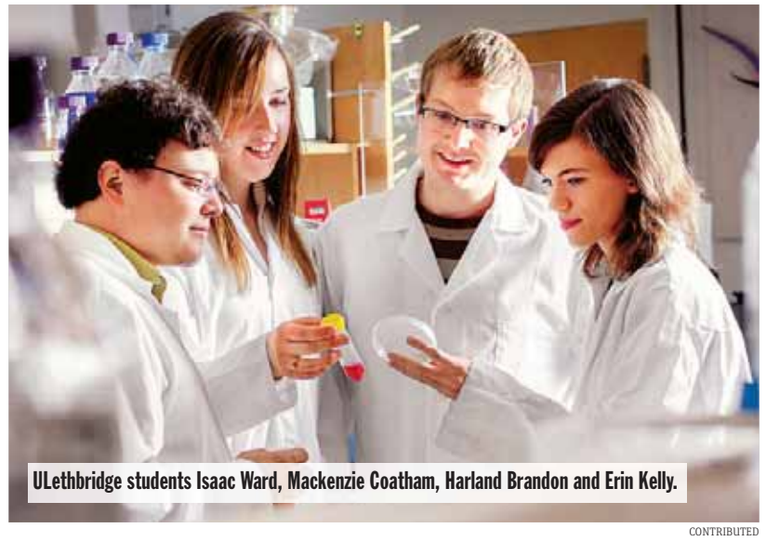
LEARN TO THINK OUTSIDE THE BOX

When highly engaged learners participate in exemplary research, the results are extraordinary.

Take the University of Lethbridge iGEM (International Genetically Engineered Machine) team, for example.

Led by ULethbridge biochemistry professor Dr. Hans-Joachim (H.J.) Wieden, who is the director of the Alberta RNA (ribonucleic acid) Research and Training Institute at the ULethbridge and a recently appointed Innovates Centre of Research Excellence (iCORE) chair of bioengineering, the team competes each year in what is regarded as the premiere synthetic biology competition worldwide.

"iGEM enables students to get their first taste of research," Wieden says. "They understand the goal of the project and learn how to think outside of the box, troubleshoot and apply their knowledge to create scientific discoveries. All of this unlocks students' creativity."



ULethbridge students Isaac Ward, Mackenzie Coatham, Harland Brandon and Erin Kelly.

CONTRIBUTED

Recognized as one of the world's top teams, ULethbridge's iGEM claimed two prominent awards last year. In addition to creating a bioengineering part that works like a Zip drive, compressing genetic information, the team developed software that rapidly determines what DNA sequences are compatible to compress together.

These inventions will allow future bioengineers more flexibility in their research.

On top of this, iGEM cultivates students' entrepreneurial potential.

The teams manage their own projects and raise funds to support their work, as well as learn how to communicate effectively and connect their work to real-world needs.

Isaac Ward, Mackenzie Coatham (BSc, 2012), Harland Brandon (BSc, 2013) and Erin Kelly, all former members of the undergraduate iGEM team, have used their resulting research and entrepreneurial skills to launch the spinoff company Synbiologica Ltd.

"iGEM gave us the motivation and skills to explore multidisciplinary research," says Ward, chief executive officer of Synbiologica. "We realized that we don't have to follow the usual career route. We can create our own jobs."

To learn more about how students are engaged in research at the ULethbridge, visit ulethbridge.ca/research.

ULETHBRIDGE ACTIVELY ENGAGES STUDENTS

University undergraduate students study the results of academic research, but typically aren't invited to help generate those findings themselves.

Something different, however, is happening at the University of Lethbridge.

Widely known for its small classes, personal learning environment and beautiful campus, ULethbridge is recognized on the national stage as one of Canada's top-three undergraduate institutions (2014 Maclean's university rankings) and one of Canada's top-three undergraduate research universities (RE$EARCH Infosource, 2013).

What's more, ULethbridge actively engages students in research opportunities.

"The ULethbridge's liberal education foundation enables students to explore a variety of subjects and discover what they are passionate about while developing the critical thinking and analytical skills they'll need when they graduate," says Dr. Mike Mahon, U of L, president and vice-chancellor.

"We are also a place where incredible research happens — and students are part of it."

ULethbridge undergraduate students in multiple disciplines are working alongside world-class faculty members, supporting the long and often complex process of academic research.

CONTRIBUTED

It's a tremendous opportunity for learning, particularly when it's combined with a liberal education.

The university's immersive learning experience enables students — at all levels — to play a key role in the discoveries they learn in the classroom.

By participating in the investigative journey, their learning goes beyond the theoretical to the practical.

Their curiosity is piqued, their creativity grows and their confidence to handle future academic challenges increases.

Moreover, they gain critical-thinking and communication skills that will prove useful in advanced studies as well as the workplace, and will set them on course to become the next generation of researchers, innovators, entrepreneurs and community leaders.

"Regardless of what you plan to do in your career, being involved in research will provide you with a tool kit of skills that will prepare you for your future," Mahon says.

ULethbridge works hard to provide students with plenty of exposure to instructors who remain active in their research.

These faculty members consistently demonstrate that they are among the best researchers in Canada.

For more on the ULethbridge and the exemplary research, visit uleth.ca/research/.

CLASSES FIT FOR YOUR SCHEDULE

Not all students head to university right from high school.

The University of Lethbridge Calgary campus also understands that it can be difficult to put life on pause to further your education.

The ULethbridge Calgary campus offers classes on evenings and weekends, allowing you to work full time while you get the credentials you need to advance your career.

Through the management program on the Calgary campus, you will gain a broad understanding of the issues facing organizations today.

You will learn to be a leader. You will be equipped to increase your earning potential. And you will be well-prepared for a successful future in domestic and international businesses, government or not-for-profit organizations.

When you graduate, not only will you have the confidence to succeed in whatever you do, you will also have a degree that can take you anywhere — whether that means pursuing further education or establishing a professional career.

For more, visit uleth.ca/calgary.

Alberta's Destination University. Make It Yours.

YOU + EXCEPTIONAL OPPORTUNITIES = EXTRAORDINARY RESULTS

Ranked as one of Canada's top-three undergraduate universities, uLethbridge combines liberal education with exceptional opportunities for discovery and research.

As a result, you can explore your options, expand your perspective and work toward an incredible future that will get you your dream job – or better yet – give you the toolkit to create your own.

Apply by March 15 to be eligible for up to $7,500 in high school and leadership awards.*

*Awards require separate application

> DISCOVER.ulethbridge.ca

Campuses in Lethbridge | Calgary | Edmonton

University of Lethbridge

FIAT LUX

COUNTRY HILLS HYUNDAI
DRIVING HIGHER STANDARDS
ENTER TO WIN UP TO 5 MONTHS OF PAYMENTS!
WISHANDWINEVENT.COM
FEB.7 - MAR.1

HYUNDAI ADVANTAGE
- 5 YEAR COMPREHENSIVE WARRANTY
- 5 YEAR LEASING WITH BI-WEEKLY PAYMENTS
- 5 YEAR 0% FINANCING AVAILABLE

ON SELECT MODELS

2014'S WITH BI-WEEKLY LEASING

2014 SANTA FE
SPORT 2.4L FWD
/HEATED FRONT SEATS /AM/FM /XM™ /CD/MP3 6-SPEAKER AUDIO SYSTEM W /AUX/USB JACKS /BLUETOOTH® HANDS-FREE PHONE SYSTEM /STABILITY MANAGEMENT WITH ESC AND TRACTION CONTROL

5 YEAR LEASE
$158 BI-WEEKLY WITH $2,495 DOWN AT 3.9% FOR 60 MONTHS

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR WARRANTY

2014 ACCENT
4-DR L
/1.6L GASOLINE DIRECT INJECTION ENGINE /AM/FM /CD/MP3/USB/IPOD AUDIO SYSTEM /POWER DOOR LOCKS /FRONT, SIDE AND CURTAIN AIRBAGS

5 YEAR LEASE
$82 BI-WEEKLY AT 0.9% FOR 60 MONTHS WITH $0 DOWN

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR WARRANTY

2014 TUCSON
GL
/ HEATED FRONT SEATS / EZ LANE CHANGE ASSIST /IPOD /USB/MP3 AUXILARY INPUT JACKS / INTEGRATED BLUETOOTH ®HANDS-FREE PHONE SYSTEM / LED HEADLIGHT ACCENT W/ LED DAYTIME RUNNING LIGHTS

5 YEAR LEASE
$128 BI-WEEKLY WITH $1,895 DOWN AT 2.9% FOR 60 MONTHS

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR WARRANTY

GET UP TO $5,000 IN PRICE ADJUSTMENTS ON SELECT 2013 MODELS
(AMOUNT SHOWN ON 2013 SONATA HYBRID)

2013 ELANTRA L
5 YEAR WARRANTY
OWN IT FOR $12,995
ALL-IN PRICING
INCLUDES PRICE ADJUSTMENTS, DELIVERY & DESTINATION.

BOOK TODAY, SERVICE TODAY
SAME-DAY AND NEXT-DAY APPOINTMENTS
403-984-9697

Regular Price $125.00
WINTER SPECIAL #1 $99.95
- Oil & Filter Change
- Under-hood Inspection
- Rotate/Swap Winter Tires (On Rims)
- Ethanol Defender Service

(OIL CHANGE IS FOR UP TO 5L OF REGULAR OIL.PACKAGE INCLUDES FLUIDS TOP-UP.)

BUY 4 OIL CHANGES AND GET THE 5TH FREE!
Get your card today

FOR A LIMITED TIME!
$39.95 OIL CHANGE!
INCLUDES
- ALIGNMENT INSPECTION
- TOUCH-LESS CAR WASH

(AVAILABLE ON MOST MAKES AND MODELS*)

COUNTRY HILLS HYUNDAI
2307 Country Hills Blvd NE
Calgary, AB T3J 0R4
403-984-9696
CHHYUNDAI.COM
AUTOCREDITCALGARY.COM PRE-APPROVAL / REBUILDING 403-826-5556
BEST MANAGED COMPANIES
AMVIC LICENSED

Kaizen AUTOMOTIVE GROUP | PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

SEE DEALER FOR DETAILS. DELIVERY, AND DESTINATION INCLUDED. PRICES DO NOT INCLUDE TAXES AND ACCESSORIES. BI-WEEKLY PAYMENTS ARE O.A.C. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. COMMERCIAL VEHICLES EXEMPT FROM OIL CHANGE OFFER. OFFERS AVAILABLE FOR A LIMITED TIME, AND SUBJECT TO CHANGE WITHOUT NOTICE.

Make all your dates just a little sweeter

This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT
myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool experience.

Medjool dates are dried right on the tree; no further treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively "organic" without the label.

1. Using paring knife, cut a slit into each date and remove the pit. Gently squeeze a date open and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using double boiler, gently melt chocolate and remove from heat once it's melted. Keep any moisture, water or even steam away from the chocolate.

Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool.

4. Place melted white chocolate into piping bag. Drizzle chocolate decoratively back and forth over date. Let cool completely before serving.

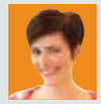
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE FROM NATURALDELIGHTS.CA

FLASH FOOD

From your fridge to your table in 30 minutes or less

Health Solutions

Replace those crappy gooey chocolates



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do. But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required. Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

These chewy little treats are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes. Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Speedskating

Junio places 10th in 500 metres

Gilmore Junio had Canada's best result in yet another long-track speedskating event dominated by the Netherlands at the Sochi Olympics on Monday.

The Calgary native finished 10th in the men's 500 metres with a two-race time of 70.25 seconds, edging teammate Jamie Gregg of Edmonton by just .02 seconds.

Junio was .94 seconds behind gold-medal winner Michel Mulder as the Dutch swept the podium.

The 23-year-old will have a shot at a better result Wednesday in the 1,000. THE CANADIAN PRESS

Gilmore Junio THE ASSOCIATED PRESS

Luge

Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds. That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games.

Canadian lugers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth. THE ASSOCIATED PRESS

Canada's Alex Bilodeau celebrates winning the gold medal in men's moguls alongside countryman and silver medallist Mikael Kingsbury and bronze medallist Alexandr Smyshlyaev of Russia at the Sochi Olympics on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Canada repeats its one-two punch

Freestyle skiing.
Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medallist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all my colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

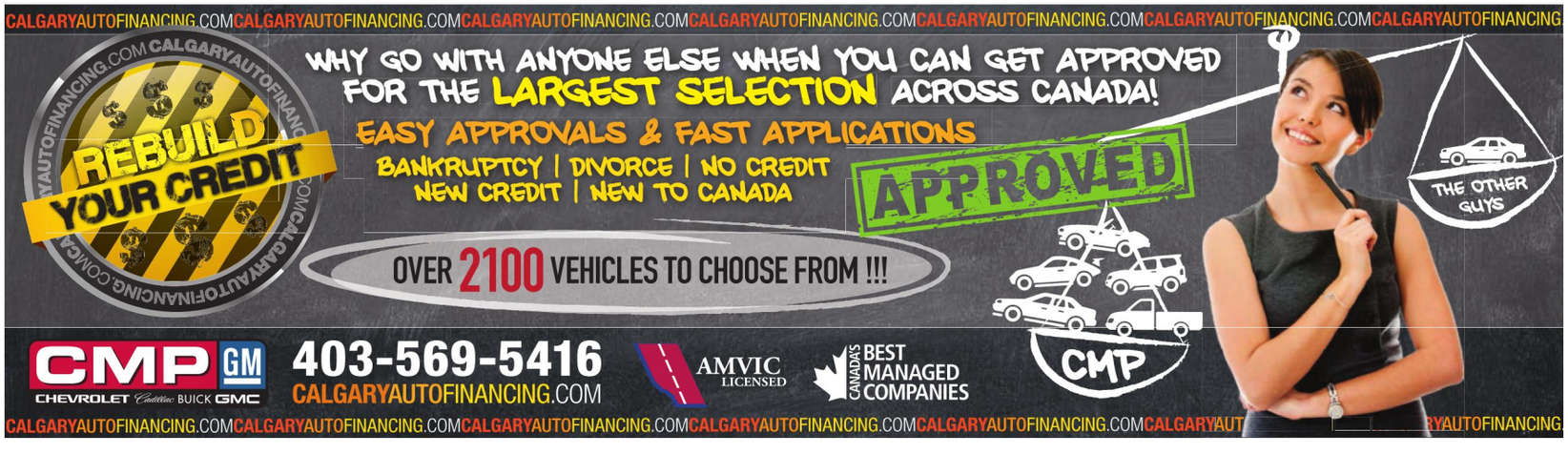
"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second one-two finish for the Canadian moguls team at these Games, after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. THE CANADIAN PRESS

4 SPORTS


CALGARYAUTOFINANCING.COM
REBUILD YOUR CREDIT
WHY GO WITH ANYONE ELSE WHEN YOU CAN GET APPROVED FOR THE LARGEST SELECTION ACROSS CANADA!
EASY APPROVALS & FAST APPLICATIONS
BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
APPROVED
OVER 2100 VEHICLES TO CHOOSE FROM !!!
THE OTHER GUYS
CMP GM
CHEVROLET Cadillac BUICK GMC
403-569-5416
CALGARYAUTOFINANCING.COM
AMVIC LICENSED
CANADA'S BEST MANAGED COMPANIES

Hamelin on track for more gold

Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in men's 1,500-metre short-track speedskating at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Speedskating. The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medallist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

As Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. THE CANADIAN PRESS

Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Curling

Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

THE CANADIAN PRESS

Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a 3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China. NATHAN DENNETTE/THE CANADIAN PRESS

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medallist.

THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Tot.
Canada	**3**	**3**	**1**	**7**
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING

Women's Super Combined Downhill - Marie-Michele Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

Women's Super Combined Slalom - Marie-Michele Gagnon, Lac-Etchemin, Que., DNF.

BIATHLON

Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th, (36:21.2)

CURLING

Men's Round Robin Session 1 - Canada 11 Germany 8

Men's Round Robin Session 2 - Switzerland 5 Canada 4

Women's Round Robin Session 1 - Canada 9 China 2

FREESTYLESKIING

Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43).
x- qualified for Final 1

Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).
x- qualified for Final 2

Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).
x-qualified for Final 3

Men's Moguls Final 3 - Alex Bilodeau, Montreal, **1st, Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., **2nd, Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

ICE HOCKEY

Women's Preliminary Round (Group A) - Canada 3 Finland 0

LUGE

Women's Singles Run 1of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

Overall Ranking- Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, T-6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)
Runs 3 and 4 on Feb. 11

SHORT TRACK

Men's 1500 m Heats - Race 4: x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5:** x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6:** x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)
x- qualified for semifinals

Men's 1500 m Semifinals - Race 15: x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16:** Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17:** y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480).
y- qualified for Final A; x- qualified for Final B

Men's 1500 m Finals - Final A: Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B:** Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

Men's 1500m Final Ranking: Charles Hamelin, Sainte-Julie, Que., **1st,Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

Ladies' 500 m Heats - Race 11: x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13:** x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race: 14:** x-Valerie Maltais, La Baie, Que., 1st (44.093).
x- qualified for the quarter-finals on Feb. 13

Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).
x- qualified for Final A on Feb. 18

SPEED SKATING

Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncef Ouardi, Quebec City, 23rd (35.395)

Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th (35.17); Muncef Ouardi, Quebec City, 29th, (35.60).

Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncef Ouardi, Quebec City, 25th (70.997).

CURLING

MEN

Monday's results
Britain 7 Russia 4
Sweden 7 Switzerland 5
China 7 Denmark 4
Canada 11 Germany 8
Norway 7 United States 4
Denmark 11 Russia 10
Switzerland 5 **Canada 4**
Sweden 8 Britain 4

Tuesday's games
Canada vs. Sweden, 5 a.m.
United States vs. China, 5 a.m.
Britain vs. Germany, 5 a.m.
Norway vs. Russia, 5 a.m.

WOMEN

Monday's results
Canada 9 China 2
Switzerland 7, United States 4
Sweden 6, Britain 4
Russia 7, Denmark 4

Tuesday, Feb. 11
Switzerland vs. Denmark, 12 a.m.
Sweden vs. **Canada**, 12 a.m.
Russia vs. United States, 12 a.m.
South Korea vs. Japan, 12 a.m.
Britain vs. United States, 10 a.m.
South Korea vs Switzerland, 10 a.m.
Denmark vs Japan, 10 a.m.
China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN

Wednesday's games
Czech Republic at Sweden, 12 p.m.
Latvia at Switzerland, 12 p.m.

WOMEN

Monday's results
United States 9 Switzerland 0
Canada 3 Finland 0

Tuesday's games
Germany at Sweden, 5 a.m.
Russia at Japan, 10 a.m.

Experience the speed of a Samsung superphone on Bell.

Samsung superphones now on sale.

There's never been a better time to get on Canada's largest LTE network – it's faster in more places.[1] It's also perfect for watching your Olympic highlights on TSN on Bell Mobile TV.[2]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Samsung Galaxy Note 3™ superphone

~~$299.95~~ 2-yr. term with Voice & Data Plus plan $799.95 No term

NOW $199.95

Samsung Galaxy S4™ superphone
Red – exclusive to Bell.(also available in black and white)

~~$179.95~~ 2-yr. term with Voice & Data Plus plan $699.95 No term

NOW $99.95

Bell
PREMIER NATIONAL PARTNER

Available at the following Bell stores:

AIRDRIE
- Sierra Springs

BANFF
- Cascade Plaza

CALGARY
- 1002-17th Ave. S.W.
- 9650 Harvest Hills Blvd. N.E.
- 216 Saddletowne Circle
- 19489 Seton Crescent S.E.
- Beacon Hill Centre
- Bow Valley Square – Kiosk
- Chinook Centre
- Crowfoot Crossing
- Deerfoot Meadows
- Deerfoot Outlet Mall
- Eaton Centre
- Market Mall
- Marlborough Mall
- North Hill Shopping Centre – Kiosk
- Northland Village
- Shawnessy Village
- Southcentre Mall
- Southpointe Shopping Centre
- Sunridge Mall
- Westbrook Mal – Kiosk

CANMORE
- 105–802 Bow Valley Trail

EDMONTON
- 3918 White Mud & 17th St.
- 17551–100th Ave.
- 14822 Stony Plain Rd.
- 18559 Stony Plain Rd.
- Abbottsfield Shoppers Mall
- Bonnie Doon
- Edmonton City Centre
- Kingsway Garden Mall
- Londonderry Mall
- Meyokumin Retail Centre
- Mill Woods Town Centre
- Namao Centre South
- Northgate Centre
- Oliver Square
- South Edmonton Common
- South Park Centre
- Southgate Mall – Kiosk
- St. Albert Trail at 137 Ave.
- Terra Losa Shopping Centre
- West Edmonton Mall
- West Edmonton Mall – Kiosk
- Westmount Centre

FORT MCMURRAY
- 19 Riedel St.
- Peter Pond Shopping Centre

GRANDE PRAIRIE
- Prairie Mall
- South 40 Shopping Centre

LETHBRIDGE
- Centre Village Mall – Kiosk
- Lethbridge Smart Centres
- Park Place

LLOYDMINSTER
- Lloyd Mall

MEDICINE HAT
- Carry Drive Plaza
- Medicine Hat Mall

PEACE RIVER
- 10032–100th St.

PINCHER CREEK
- Ranchland Mall – Kiosk

RED DEER
- Bower Place Shopping Centre
- Parkland Mall
- Southpointe Common

ROCKY VIEW
- Crossiron Mills Mall
- Crossiron Mills Mall – Kiosk

SHERWOOD PARK
- Emerald Hill Centre
- Sherwood Park Mall

SPRUCE GROVE
- Creekside Centre

ST-ALBERT
- 460–140 St-Albert Rd.
- St. Albert Centre

WHITECOURT
- 3439–34th Ave.

Also available at these retailers:

Best Buy mobile your phone, your way · Costco Wholesale · Future Shop · The Source · Mobile · Tbooth wireless · Visions · Wireless etc... · Wirelesswave

Offer ends February 25, 2014. Available with new activation within network coverage areas available from Bell Mobility; see bell.ca/coverage. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly charges, e.g., 911 (SK: $0.62, NB: $0.53, NS: $0.43, P.E.I.: $0.70, QC: $0.40), and one-time connection charge ($35) applies. If you end your services early, a cancellation fee will apply; see your Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on total square kms of coverage on the shared LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. (2) Available in addition to a Bell Mobility post-paid plan. Mobile TV add-on includes 10 hrs./mo.; additional charges apply after 10 hrs. For rates and more information see bell.ca/mobiletv. Sports content available for the current season, subject to change and black-out periods may apply without notice. Limited content with certain devices, while roaming and during off season. Data charges may apply with select CDMA smartphones. Content and channels subject to change without notice. Taxes extra. Samsung, Galaxy Note 3 and Galaxy S4 are trademarks of Samsung Electronics Co., Ltd., used in Canada under license.

Women's hockey

Patience guides Canada past Finland's hot goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

Shannon Szabados earned a 14-save shutout, while Raty stopped 39 of 42 shots.

Canada and the United States, both 2-0, secured berths to the semifinals Monday. The rivals finish the round-robin against each other Wednesday.

THE CANADIAN PRESS

Canada's Natalie Spooner shoots the puck wide of the net against Finnish goalie Noora Raty on Monday in Sochi. MATT SLOCUM/THE ASSOCIATED PRESS

Carter rides shotgun with Crosby, Kunitz

Men's hockey. Team Canada holds auditions for right-winger on its top line during first practice in Sochi

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Babcock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

Babcock has Carter there because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated what looked like the most logical option.

THE CANADIAN PRESS

Who will play on the wings alongside Sidney Crosby? The captain practised on the same line as Chris Kunitz and Jeff Carter in Sochi on Monday.

NATHAN DENETTE/THE CANADIAN PRESS

ADVERTISING SALES REPRESENTATIVE

Metro Calgary is seeking an aggressive, results-oriented

ADVERTISING SALES REPRESENTATIVE.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives.

Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Feb. 18, 2014.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Calgary" in the Subject Line. All submissions will be treated as confidential.

metro

NASCAR. Legendary driver credits Patrick's rise to 'female deal'

NASCAR Hall of Fame driver Richard Petty says Danica Patrick can only win a Sprint Cup Series race "if everybody else stayed home."

The seven-time champion made the comment during a Sunday appearance at the Canadian Motorsports Expo in Toronto, according to the website wheels.ca.

Petty also said Patrick only gets attention because she's a woman, but added that publicity is good for NASCAR.

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack," Petty said, according to the website. "This is a female deal that's driving her. There's nothing wrong with that, because that's good PR for me. More fans come out, people are more interested in it. She has helped to draw attention to the sport, which helps everybody in the sport."

Petty still maintains partial control of Richard Petty Motorsports, which fields cars for Marcos Ambrose and Aric Almirola in the Sprint Cup Series.

Patrick is headed to Daytona International Speedway this week to begin her second full season at NASCAR's top level. She became the first woman a year ago to win the top starting spot for the Daytona 500 and she finished eighth.

THE ASSOCIATED PRESS

Former NASCAR driver Richard Petty said Danica Patrick can only win a race "if everybody else stayed home."

TERRY RENNA/THE ASSOCIATED PRESS FILE

Quoted

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack."

Richard Petty on female NASCAR driver Danica Patrick.

CFL

Stamps, Bombers make a deal

The Calgary Stampeders have swapped picks with the Winnipeg Blue Bombers in the 2014 CFL draft.

Calgary received Winnipeg's 24th overall selection in exchange for the 26th pick. Import defensive back Chris Randle also moves to Winnipeg in the deal. The Blue Bombers also signed Randle to an extension, though details of the agreement were not disclosed.

In 2013 Randle registered 34 defensive tackles and four interceptions.

THE CANADIAN PRESS

CFL

Riders fullback retires in style

Saskatchewan Roughriders fullback Graeme Bell is going out a champ.

Bell, 33, is retiring after winning the Grey Cup with the Roughriders in November.

The five-foot-11, 230-pound University of Saskatchewan product appeared in 97 regular-season games over nine CFL seasons.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

♉ Taurus
April 21 - May 21
Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

♊ Gemini
May 22 - June 21
There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

♋ Cancer
June 22 - July 23
The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

♌ Leo
July 24 - Aug. 23
The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes its good to take a back seat for a change.

♍ Virgo
Aug. 24 - Sept. 23
It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

♎ Libra
Sept. 24 - Oct. 23
Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

♏ Scorpio
Oct. 24 - Nov. 22
Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

♐ Sagittarius
Nov. 23 - Dec. 21
This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

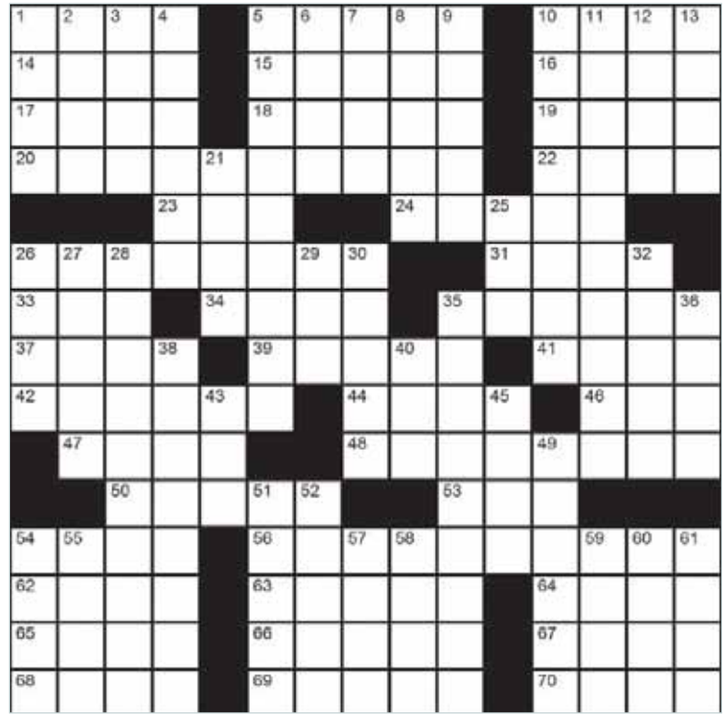
♒ Aquarius
Jan. 21 - Feb. 19
Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

♓ Pisces
Feb. 20 - March 20
You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



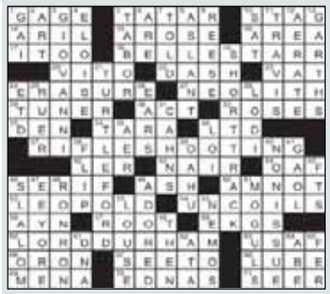
Across

1. "Get Off" band from Toronto
5. Lightweight wood
10. __ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-__
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Freestyle Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. __ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "__ __ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.
62. Polynesian amulet
63. Ravi Shankar's instrument
64. 1976 mini-series, "Rich Man, __ Man"
65. Actor, Chris D'__
66. NWT's flower emblem, Mountain __
67. Pretty purse
68. Demeanor
69. Bakery stuff
70. Blaring blah-blah

Down

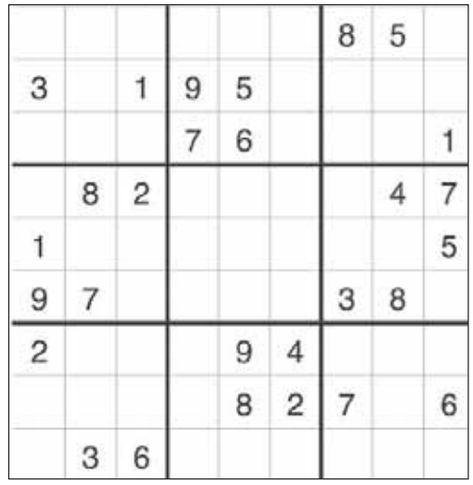
1. Ms. Ryan's 2. Airline of Israel: 2 wds.
3. Actor, Benicio Del __
4. Jacket closer
5. "Soul __ __": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
6. Border on
7. Particular parrot
8. Markets
9. Not __ __ (Not so far)
10. SOCHI 2014 - Faster - Higher - __
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An __ for music
26. SOCHI 2014 - Speed skater's footwear, __ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, __-__-__
29. Cavs, on a scoreboard
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appoint
38. Trans-__ Orchestra
40. __ Na Na
43. Web
45. "Let me know __ __ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 __ _ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

Yesterday's Crossword

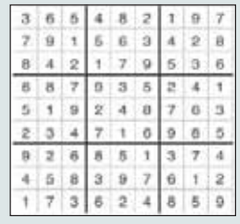


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



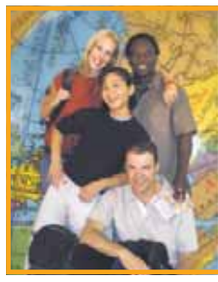
Weather

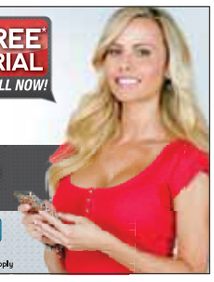
TODAY	WEDNESDAY	THURSDAY
MAX: -14° MIN: -18°	MAX: 6° MIN: -13°	MAX: 3° MIN: -8°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

CARDEL RENOS
Get a sizzling kitchen reno from just $40k.
Call for a free in-home consultation. 403.258.1511
CARDELHOMES.COM


Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Feb 19th- 23rd, 2013
Next Seminar: Feb 13th, 2014 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE


lavalife VOICE
FREE TRIAL CALL NOW!
Where Fun...Meets Adventure
403.974.5555
Toll Free 1.866.348.5282
$20/20 mins 1-900-528-2543
Dial #CLICK(#25425) 79¢/min. Bell, Rogers, Fido | 99¢/min Virgin Mobile,Telus
LAVALIFEVOICE.COM 18+ *Restrictions may apply

MSHAWGMC.COMSHAWGMC.COMSHAWGMC.COMSHAWGMC.COMSHAWGMC.COMSHAWGMC.COMSHAWGMC.COMSHAW

SHAW
GMC CHEVROLET BUICK

We're on the Blackfoot!

Payments so low You'll think You're

UPSIDE DOWN

SG2533068

$21,360
SALE:
LEASE CASH: $1,800
MSRP: $23,160

2014 CHEVROLET
CRUZE LT
TURBO AUTOMATIC

LEASE $99
48 MONTH
B/W

- YOUR 1ST TWO PAYMENTS ON US!
- 2 YEARS OF OIL CHANGES INCLUDED!

WINTER TIRE SPECIALS | CALL TO BOOK! 403-930-1656 | FROM 86.99 WINTER CAR TIRES | FROM 164.99 WINTER TRUCK TIRES | STEEL RIMS FROM: $59.99 | ALLOY WHEELS FROM: $119.99

SHAW
GMC CHEVROLET BUICK
4620 BLACKFOOT TR SE, CALGARY, AB T2G 4G2

403-930-1655
SHAWGMC.COM

CREDIT CALGARY
Bad credit? No credit?
100% APPROVAL RATING
CREDITCALGARY.COM 403-287-5974

ilikeshaw.com

Kaizen PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM